EatingWell

Meal Planning

For Every Day of the Week

85+ HEALTHY RECIPES

- MAKE-AHEAD LUNCHES
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SPECIAL COLLECTION

SPECIAL EatingWell EDITION

Meal Planning

For Every Day of the Week

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Parts of this special edition were previously published.

This book is for general information purposes only, and nothing contained in it is intended to substitute for individualized advice from a physician or other health professional. The reader should consult the appropriate health professional in matters relating to physical and mental health and particularly with respect to any symptoms that may require diagnosis or treatment.

INTRODUCTION

THE POWER OF A PLAN

What are we going to eat tonight? Do I have time to hit the store? What's in my fridge? The dinner dance can be daunting. Here are the many reasons meal planning can ease your routine.

BY COURTNEY MIFSUD INTREGLIA

It's Tuesday at 6 o'clock, after a long day at work. You open the fridge to cook dinner for your family or for yourself. There's half an onion on the shelf, the lettuce in the crisper drawer has wilted to the point of no return and the chicken is in the freezer, frozen and seemingly impossible to defrost tonight. The delivery app on your phone beckons. The food in the fridge sits for another day, and the prospect of a healthy home-cooked meal is sacrificed in the name of a quick order-in solution.

A reliable meal plan can solve such situations. Planning a day of eating or even a single meal in advance can help you save time and money, waste less food, stick to a healthy diet and discover some delicious recipes in the process. Here's exactly how meal planning can do just that.

You'll waste less food

According to a report by the National Resources Defense Council, Americans throw away about a quarter of the food and beverages bought every year, due largely to spoilage, impulse buy, poor planning and wasting leftovers. Fresh fruits and vegetables make up about 22 percent of that food waste, according to the same report. A weekly plan can help you use what you have on hand, instead of having it go to waste.

You'll save time

When you wait until the day of or the last minute to decide what you're going to cook, it likely means added trips to the grocery store. If you spend a distinct block of time in the beginning of the week picking out some recipes—Sunday afternoons might be perfect for this—then you can decide what you need to buy, in one big shopping trip. That will free up time in your weekdays and get dinner on the table faster.

It will save you money

One of the best things about wasting less food is that it saves you money. Plus, an action plan for dinner means fewer take-out orders or trips to restaurants. (This also makes it may feel more special when you do eat out.) A great way to double down on cost saving is to plan according to your grocery store's specials and sales. Look through local store ads as you make your weekly plan. A study from the University of Pittsburgh found that people who reported using a shopping list made fewer unplanned purchases during their shopping

trips. Plus, when shopping for a planned-out week, you might buy certain items in bulk, which will cut down your grocery bill.

It can make healthy eating easier

When you're pulling together a meal or snack at the last minute, it can be hard to eat healthfully. (Especially if you're feeling exceptionally hungry!) A recent cross-sectional study from France found that meal planning may increase home food prep, which is associated with improved diet quality, food variety and compliance with dietary guidelines. By planning ahead, you'll have an easier time working in healthy ingredients, like veggies and whole grains. And if you refer to a recipe's nutritional information, you can ensure that you are sticking with your daily totals.

You'll discover delicious recipes

Making dinner on the fly usually means relying on standbys. While there is nothing wrong with leaning on the foods you love, meal planning offers you an opportunity to seek out new recipes and to source ingredients that you might not be otherwise familiar with. A study in the *American Journal of Clinical Nutrition* found that people who eat a wide variety of foods are less likely to suffer from inflammation, and they also have a lower risk of diabetes and heart disease compared with those who are less willing to try new dishes and ingredients.

CHAPTER 1

Getting Started

Stock your kitchen, freeze shortcut-friendly foods and prep raw ingredients to make meal planning straightforward and easy.

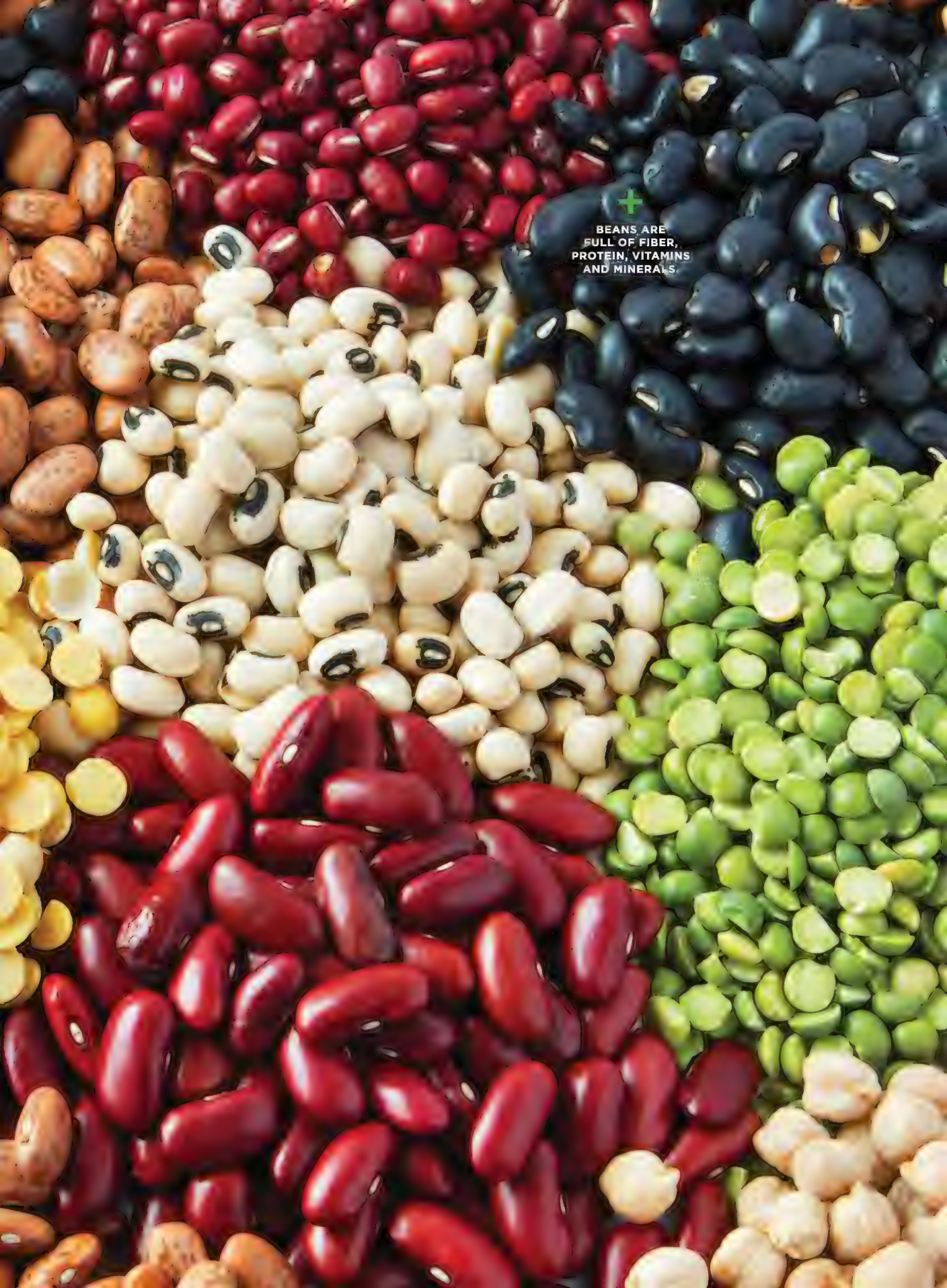
STAYING STOCKED

Keep these ingredients on hand so you can make a delicious, nutritious meal every night of the week.

BY KIMBERLY M. HOLLAND

Life is busy, but dinner doesn't have to be. A well-stocked pantry is the best way to ensure you'll have everything you need to make a healthy and flavorful dinner every night, even during the busiest weeks, when stopping at the grocery store just isn't realistic. A combination of classic pantry staples (such as canned tomatoes, chicken broth and canned beans) and flavor-boosting convenience items (such as herb mixes, soy sauce and jarred pesto) is key to keeping your kitchen dinner-ready. No need for expensive takeout when you have what you need to make a healthy dinner at home.

This list includes many of the items you need to prepare healthy recipes, plus a few other ingredients that will make impromptu meals easier and more delicious. If you're building a healthy pantry from scratch, start with the basics, and slowly expand your pantry as you try new recipes and experiment with new cooking techniques.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BEANS ARE FULL OF FIBER, PROTEIN, VITAMINS AND MINERALS.

Don't have a large kitchen to stock? You can hone this list to go-to foods, the ones you are most likely to use again and again in meals. This way, you can stock a smaller kitchen pantry cabinet without overwhelming your limited space.

Oils, Vinegars and Condiments

Oils, vinegars and condiments are the backbone of many recipes. They're necessary for quick marinades, salad dressings, pan sauces and more. For a cook with an eye toward healthy ingredients, this collection of pantry staples helps you swap out convenience foods that are often filled with too much sodium, added sugar, and other unnecessary ingredients. (Bottled salad dressing, we mean you.)

A collection of oils is particularly important for home cooks. Some oils, like extra-virgin olive oil, are best used in uncooked dishes, such as salad dressings, or brushed on chicken and fish after cooking. (Olive oil has a low smoke point and can burn in a hot pan or grill.) Meanwhile, canola oil is a high-quality oil that can tolerate high temps. Flavorful nut and seed oils are next on the list, for when you're expanding your pantry; they add unique flavor to salad dressings and stir-fries.

PANTRY BASICS

- Extra-virgin olive oil
- Canola or grapeseed oil
- Unsalted butter
- Mayonnaise (olive-oil mayo has less saturated fat)
- White, red-wine, white-wine and cider vinegars
- Hot sauce
- Dijon mustard
- Ketchup
- Flavorful nut and seed oils, such as toasted sesame oil and walnut oil
- Balsamic and rice-wine vinegars
- Reduced-sodium soy sauce
- Fish sauce
- Hoisin sauce
- Chile-garlic sauce
- Curry paste
- Kalamata olives and green olives
- Capers
- Barbecue sauce
- Worcestershire sauce

Seasonings

A seasoning cabinet or drawer can quickly begin to burst at the seams. Unique spice mixes you used just once sit stale beside the cumin and coriander, which do get a fair share of use in a variety of recipes, from Mexican and Southeast Asian dishes to beef stews and more. Paring down to the basics will help you save space and make sure you're utilizing everything before the flavors fade.

This seasonings list also includes foods that make up the foundations of many recipes: the aromatics. These are the first things you throw in the pot (with canola oil) to start simmering—onions and garlic, for example. They add a depth of flavor and heft to many dishes, even fast ones, so keeping them on hand can help you turn basic tomato soup into a deeply-flavored tomato soup that's good enough to serve to guests!

PANTRY BASICS

- Salt, including kosher salt, coarse sea salt and fine salt
- Black peppercorns
- Onions
- Fresh garlic
- Dried herbs: bay leaves, dried thyme leaves, dried oregano, dried herb seasoning blends
- Spices: chili powder, ground cinnamon, ground cumin, curry powder, dry mustard, paprika, cayenne pepper, crushed red pepper, turmeric, garlic powder
- Citrus: lemons, limes, oranges (The zest is as valuable as the juice.)
- Granulated sugar
- Brown sugar
- Honey
- Fresh ginger (store in the freezer for longer life)
- Anchovies or anchovy paste for flavoring pasta sauces and salad dressings
- Dried herbs: dill, crumbled dried sage, tarragon
- Spices: allspice (whole berries or ground), caraway seeds, cinnamon sticks, coriander seeds, cumin seeds, ground ginger, nutmeg, za'atar
- Pure maple syrup
- Unsweetened cocoa powder, natural and/or Dutch-processed
- Bittersweet chocolate, semisweet chocolate chips

Canned and Bottled Goods

While your first inclination may be otherwise, using canned foods can be essential to some

healthy-cooking recipes. Canned tomatoes, for example, can be used in soups and stews, but they're also a boon to many quick and healthy skillet meals and one-pot pastas. Cooking dried beans takes time and effort (though it's worth it if you can manage it), but canned beans make black bean tacos or a tomato-bean shakshuka happen in a hurry.

PANTRY BASICS

- Canned tomatoes, tomato paste
- No-salt-added diced tomatoes
- Unsalted chicken broth, beef broth and/or vegetable broth
- Canned beans: cannellini beans, great northern beans, chickpeas, black beans, red kidney beans
- Clam juice
- Light coconut milk
- Canned tuna (chunk light) and salmon

Grains and Legumes

Beans, rice, whole grains and lentils can be added to a plethora of dishes for instant protein and filling fiber. They also store well, so you can keep them on hand for a considerable time, and they go from season to season—in soups and stews in the winter and in light grain sides in spring and summer. You can use some of these pantry staples to turn basic chicken breasts into crispy oven-fried pieces or leftover steak into a hearty burrito bowl or to make black-bean patties in a pinch.

PANTRY BASICS

- Whole-wheat flour and whole-wheat pastry flour
- All-purpose flour
- Assorted whole-wheat pastas
- Brown rice and instant brown rice
- Rolled oats
- Whole-wheat breadcrumbs
- panko breadcrumbs, preferably whole-wheat
- Pearl barley, quick-cooking barley
- Whole-wheat couscous
- Bulgur
- Dried lentils
- Yellow cornmeal
- Dried beans (black, cannellini, chickpeas)
- Polenta

Nuts, Seeds and Fruits

You may think these kitchen pantry staples are best suited for snacks and trail mixes, but a cook with an eye toward healthy eating knows they can be used in everything from salads and grain bowls to muffins, quick breads and quick coatings for proteins. Most fresh nuts and seeds should be stored in the fridge or freezer to keep their oils from turning rancid.

PANTRY BASICS

- Walnuts
- Pecans
- Almonds
- Dry-roasted unsalted peanuts
- Natural peanut butter
- Hazelnuts
- Pine nuts
- Sesame seeds
- Tahini
- Natural almond butter
- Assorted dried fruits, such as apricots, prunes, cherries, cranberries, dates, figs and raisins

Refrigerator Basics

We use the term kitchen pantry to refer to your cold storage, as well as dry storage. These ingredients should be kept stocked in your fridge, as they can quickly and easily be used for many fast dinners. Yogurt, for example, is a great snack, but it can be a dipping sauce for fish or pork or turned into a dressing for falafel or shawarma. Eggs are staples for many dishes, but they can star in fast omelets and frittatas too.

PANTRY BASICS

- Milk or soy milk
- Unsweetened coconut or oat milk beverage
- Plain strained yogurt, such as Greek-style
- Sour cream
- Parmesan cheese and/or Romano cheese
- Sharp Cheddar cheese
- Eggs (large)
- Orange juice
- Blue cheese
- Dry white wine
- Water-packed tofu

How to Organize a Pantry

These tips will help you cut down on food waste, save money and keep your kitchen well organized.

BY AMANDA LOUDIN

START WITH A CLEAN SLATE
First clean out the space you intend to use for your kitchen pantry, whether it is a stand-alone closet or a smaller kitchen pantry cabinet. The same goes for your fridge and freezer. Toss outdated items and anything you know you'll never use again.

REMEMBER THAT EXPIRATION DATES AREN'T EVERYTHING
Sell-by, expiration and best-by dates aren't actually useful for the purposes of knowing whether a food item is good or not. Each means something entirely different, and relying solely on them can lead to some serious food waste. Instead, use your intuition: if the food looks and smells fresh, keep it if you'll use it.

TAKE STOCK OF WHAT YOU HAVE & ORGANIZE AS YOU GO
What's left? As you take stock of what you have, organize ingredients in a system that feels intuitive to you, whether that's grouping grains in one bin and oils and vinegars in another, or giving areas a "theme," such as proteins, grains or baking. You're not married to this system forever, but it's a good way to help you assess what you have and what you need to buy.

FILL IN YOUR STORES & ADD MORE OVER TIME
A food pantry is only as useful as the items you have on hand. Replace items as you use them so your pantry stays stocked. As you cook new recipes that require beyond-the-basic ingredients, you'll naturally expand your pantry to help you get to that well-stocked state.

USE THE OLDER ITEMS FIRST
When you add new staples, be sure to place them behind or below the old ones. This way, you can use up what remains before opening a new bag, bottle or box.

MAKE THINGS VISIBLE
If your pantry or cabinet shelves are deep, consider putting tall items in the back so they are visible over the shorter items. Unfortunately, foods that are shoved into the back of the pantry tend to be lost—and forgotten. Revolving trays can help with this issue as well. Put a few on deep shelves so you can rotate your stock and see everything at once.

THE BOTTOM LINE
You don't need to spend hundreds of dollars filling out your kitchen pantry during one trip to the grocery store. Start with the basics and expand your pantry as you expand your cooking skill set. Over time, you'll find it easier to make meals from scratch using what you have on hand.

INGREDIENTS YOU SHOULD ALWAYS HAVE IN YOUR FREEZER

Stock up on healthy foods such as whole-wheat pizza dough, frozen fish and frozen fruits and vegetables—keys to meals in any good plan.

BY HILARY MEYER

When I'm looking for ways to maximize ingredients for meal planning, I turn to my freezer for help. I like to keep it well stocked with a few essential ingredients that have numerous applications for a variety of plans. Plus, filling my freezer with healthy options makes it less enticing to abandon a meal plan in favor of a take-out run. Here are a few of my favorite foods to have on hand.

Whole-Wheat Pizza Dough

With all the topping combos out there, pizza is one of the easiest healthy dinners to make from the pantry. With the dough on hand, plus some forward planning to make sure it's thawed in time for dinner, you can have a healthy dinner on the table in no time. (Pizza dough typically needs 24 hours in your fridge to thaw fully.)

Fish Fillets

I'm a huge fan of frozen fish, especially when you can buy fillets in individual, vacuum-sealed packages, which helps to keep them from getting freezer burn. I like to stock up on wild Alaskan salmon and farmed U.S. tilapia. If you buy a big bag of fillets, just pull out what you need the night before you're going to cook them and put them in the refrigerator. A 5-ounce fillet takes 8 to 10 hours to thaw in the fridge.

Fruits and Vegetables

There are many advantages to having bags of frozen fruit and vegetables on hand. For starters, many of them come already chopped, so that cuts down on prep time. And depending on the season, they can actually be healthier for you. Frozen fruits and vegetables are picked at their prime, which means they have more flavor and nutrients than their out-of-season counterparts. And most don't have added sugar or sodium, like canned fruits and veggies do.

A SKILLET PIZZA WITH WHOLE-WHEAT DOUGH, SHREDDED CHICKEN, AND VEGETABLES MAKES A SATISFYING FREEZER DINNER.

If you thaw frozen fruit and vegetables, drain off any water that has collected in the bag or thaw in a fine-mesh strainer over a bowl. Depending on the recipe, you may not have to thaw them at all. You can find almost any vegetable and fruit frozen, but I especially like to keep peas, spinach and a vegetable medley or two on hand. For fruit, I like blueberries and strawberries. They're great for blending into a healthy smoothie for breakfast.

Whole-Grain Bread

Bread spoils easily, especially if it's kept on the counter in plastic. For a while I avoided buying big loaves of bread because of this, until I discovered that bread and bread products, like wraps and hamburger buns, freeze beautifully. They don't take much time at all to thaw. If fact, slices of bread go from freezer to toaster without a problem. Or just pull out what you need and let it thaw on the counter or in your fridge. It should only need an hour or two (depending on the temperature) to be ready to use.

Precooked Chicken

Chicken is versatile, packed with protein and easy to make—the ultimate dinner saver. Having some precooked chicken stashed away in the freezer is essential when you need to get a healthy dinner on the table in a pinch. You can use grilled chicken breasts to top salads or roasted chicken to stir into soups, or toss shredded chicken into a quick casserole.

Nuts

Nuts are full of heart-healthy fats (especially walnuts, which have omega-3s), so I try to have them around as much as possible. They are great for baking, topping a salad or just plain snacking. And as it turns out, storing nuts in the freezer is actually better than storing them in your pantry: it prevents the oils from going rancid. They don't take long to thaw—just 10 minutes or so on the counter and you're ready to go.

Shredded Cheese

Even though I use cheese a lot in cooking, I used to inevitably end up with loose ends of forgotten blocks getting moldy in my fridge. Now I shred what I don't use and freeze it. This works best with solid cheeses like Cheddar and Monterey Jack. When I need just a little bit (to top a salad or make quesadillas, for example), it's there. It thaws almost instantly, and the texture and flavor remain unchanged.

MEAL-PREP STEPS YOU CAN DO ON SUNDAY

Set yourself up for a week of healthy, easy meals with a bit of weekend prep that won't require hours in the kitchen.

BY CAROLYN HODGES, M.S., RDN

Scroll through your social media feed and you may come across an image of someone's countertop lined with a week's worth of meals and snacks, all perfectly portioned into single-serving containers. That is meal prep to the extreme—and go you, if you have the time to do it!

But do you know what also counts as meal prep? Cooking a batch of brown rice for the week. Or grilling extra chicken breasts to top lunch salads. Or chopping up an onion and bell pepper for tomorrow's chili. Meal prep is not just for a certain type of person—it's for everyone—and can include anything that cuts down on time and energy spent during the week preparing meals.

Whether you've got 15 minutes or an hour to spend in the kitchen on Sunday, any meal-prep will set you up for a more productive and delicious week ahead.

Make a batch of grains

Having cooked grains like brown rice, quinoa and whole-wheat couscous in the fridge reduces time spent preparing meals later in the week. These cooked grains reheat well or can be eaten cold and are very versatile. Top cooked quinoa with canned beans and vegetables for a quick lunch grain bowl or sauté cooked brown rice with frozen vegetables and seasoning for an easy dinner. You can even prep oatmeal in advance and simply warm it up at breakfast. And because cooking grains requires very little hands-on time, you can have them going while you prep other things. Consider doubling the batch and freezing half for another week.

Cook a versatile protein

Cooked chicken, hard-boiled eggs and roasted tofu all have two things in common—they keep well for a few days in the fridge and can be used in many ways. Pick a protein that can multitask, then build a few

meals around it. Cooked chicken breast or thighs can be shredded and tossed with BBQ sauce for quick sandwiches, baked into a healthy casserole or used to bulk up a main-dish salad. Recipe-ready vegan proteins like tofu or cooked lentils can be used in many of the same ways. And hard-boiled eggs make for heartier avocado toast, a quick snack or an easy salad topper.

Get dinner ingredients prepped and ready for cooking

If you're not up for preparing entire dinners in advance, consider getting a jump start by prepping some of a meal's ingredients. If a recipe calls for vegetables like carrots, celery and onion, these can be chopped and refrigerated for a few days until you're ready to cook. Fresh herbs, lettuces and hearty greens like kale will hold up well when washed, dried and properly stored in the fridge. You can even measure out dried herbs and spices and store in a container to save yourself a dinner-prep step later in the week.

Prep breakfasts or lunches for the week

Easy-to-grab breakfast or lunch options will come in handy whether you're eating at home or packing food for work—imagine all the time you'll save on those busy mornings! Stock your freezer with a breakfast option or two, like freezer burritos you can quickly reheat when you're craving something warm and comforting, or smoothie packs, to cut down on the time it takes to blend up your favorite fruity combo. Or stock the fridge with a week's worth of satisfying lunches.

Mix up a vinaigrette or sauce

Picking up a bottle of salad dressing is convenient, but whisking your own is easier than you think. Plus, preparing your own dressings means you can control what goes in and what stays out, like excess sodium. And it will take you about five minutes using ingredients you likely have on hand. A classic vinaigrette is perfect for topping green salads throughout the week, but don't forget about sauces like tahini or peanut dressing, which can be used on grain bowls, in wraps or as dips to make meals more exciting.

Plan out a snack or two

Grabbing a snack is a lot quicker than making a meal, so you might be wondering why you would bother with the meal prep outlined here. It boils down to convenience and mindful portions. When hunger strikes between meals, you may be tempted to graze on anything in sight, sometimes reaching for foods that actually leave you craving more. Prepping a couple of snacks that contain fiber and protein will provide lasting energy to keep you fueled until your next meal. Be sure to plan for satisfying snacks that you actually enjoy eating!

The bottom line

No matter how much or how little you do, your future self will thank you for doing these prep steps to make for an easier week. Plus, when healthy food is prepped and ready, it makes it so much easier to follow a healthy, balanced diet. Read on for easy-to-follow plans and recipes that maximize prep, plus some healthy-eating inspiration.

CHAPTER 2

One Day Plans

Jump into meal planning by plotting out one day of healthy eating. Once you get the hang of these nutrient-driven plans, you can start stringing them together.

LOVE YOUR HEART

This plan keeps sodium and saturated fat in check while incorporating a variety of delicious foods that have been shown to help reduce the risk of heart disease.

BY BREANA LAI KILLEEN, M.P.H., RD

Whether you're managing heart disease or just looking for some new recipes, you'll love this easy-to-follow meal plan. Especially tailored for people just starting out with a heart-healthy diet, the recipes and snacks are straightforward and delicious. You'll see lots of fruits and vegetables, lean protein (including plant-based proteins), whole grains, heart-healthy fats and plenty of herbs to help deliver flavor, without the need for too much salt. Eating this combination of healthy foods helps to keep your blood pressure balanced, your cholesterol levels in a healthy range and your heart happy. The sodium for the day's menu is below 1,500 mg, per the American Heart Association guidelines, but you won't miss it with these tasty, low-sodium recipes. To keep salt in check when shopping for packaged foods, be sure to check the label and go for options lower in sodium. A good rule of thumb is to choose items where the Daily Value (DV) for sodium is close to 5%. Close to or above 20% DV is considered high, so skip those products.

BREAKFAST

Overnight Matcha Oats with Berries

Combine ⅔ cup each nonfat milk and old-fashioned oats, 1 tablespoon each matcha powder and chia seeds, 2 teaspoons pure maple syrup and a pinch of salt in a pint jar; stir. Top with ¼ cup each blueberries and raspberries and 1 tablespoon sliced almonds. Cover and refrigerate overnight. Serve with 1 cup coffee with 2 tablespoons vanilla oat milk creamer. Recipe makes 4 servings, 1½ cups each.

SNACK

- 1 medium apple with 1 tablespoon peanut butter

LUNCH

Avocado Tuna Spinach Salad

Combine ½ of a 5-oz. can water-packed tuna, ¼ cup each diced avocado and halved cherry tomatoes, 1½ tablespoons poppy seed dressing and 1 tablespoon each diced red onion and extra-virgin olive oil. Serve over 2 cups baby spinach and sprinkle with 1 tablespoon sunflower seeds.

SNACK

- 1 reduced-sodium mozzarella cheese stick

DINNER

1 serving Chickpea Pasta with Mushrooms and Kale

- 8 ounces chickpea rotini or penne
- ¼ cup extra-virgin olive oil
- 2 large cloves garlic, sliced
- Pinch of crushed red pepper
- 8 cups chopped kale
- 8 ounces cremini mushrooms, quartered
- ½ teaspoon dried thyme
- ½ teaspoon salt
- Grated Parmesan cheese for serving (optional)

1. Cook pasta according to package directions. Reserve 1 cup of the cooking water, then drain.

2. Meanwhile, heat oil in a large skillet over medium heat. Add garlic and crushed red pepper; cook, stirring once, until fragrant, about 1 minute. Add kale, mushrooms, thyme and salt; cook, stirring occasionally, until the vegetables are soft, about 5 minutes.

3. Stir in the pasta and enough of the reserved water to coat; cook, stirring, until combined and hot, about 1 minute more. Serve topped with Parmesan, if desired. Recipe serves 4.

DESSERT

Chocolate Yogurt with Pomegranate Arils

Mix ½ cup nonfat plain yogurt with ½ ounce melted dark chocolate and 2 teaspoons honey. Top with 1 tablespoon pomegranate arils (seeds).

DAILY TOTALS: **CAL** 1,638 **PROTEIN** 81G **CARBS** 175G **FIBER** 34G **FAT** 79G **SODIUM** 1,315MG

EAT TO BEAT INFLAMMATION

These delicious and simple anti-inflammatory recipes are tailored to cooking beginners, to help jump-start your health journey and improve your confidence in the kitchen.

EMILY LACHTRUPP, M.S., RD

Anthocyanins, turmeric, omega-3 fatty acids, resveratrol—these are just some of the nutrients and compounds that come up when taking about anti-inflammatory eating. The anti-inflammatory diet focuses on heart-healthy fats, complex carbohydrates, legumes, lean proteins and plenty of fruits and vegetables. The goal of this healthy diet is to reduce chronic inflammation in the body, which is linked to conditions like heart disease, diabetes and even certain types of cancers.

In this anti-inflammatory meal plan for beginners, we highlight the foods to focus on and include a one-day plan of simple recipes with relatively short ingredients lists, so you can realistically make these dishes even on the busiest of days.

BREAKFAST

Really Green Smoothie

Combine 1 large ripe banana, 1 cup packed baby kale or coarsely chopped mature kale, 1 cup unsweetened vanilla almond milk, ¼ ripe avocado, 1 tablespoon chia seeds and 2 teaspoons honey in a blender. Blend on high until creamy and smooth. Add 1 cup of ice and blend until smooth.

SNACK

- ¼ cup unsalted dry-roasted almonds

LUNCH

Sweet Potato, Kale & Chicken Salad with Peanut Dressing

1 pound sweet potatoes (about 2 medium), scrubbed and cut into 1-inch cubes
1½ teaspoons extra-virgin olive oil
¼ teaspoon kosher salt
⅛ teaspoon ground pepper
½ cup Peanut Dressing
6 cups chopped curly kale
2 cups shredded cooked chicken breast
¼ cup chopped unsalted peanuts

1. Preheat oven to 425 degrees F. Line a rimmed baking sheet with foil; lightly coat with cooking spray. Set aside. Toss sweet potatoes with oil, salt and pepper in a large bowl.

2. Arrange the sweet potatoes in a single layer on the prepared baking sheet. Roast, turning once, until tender and lightly browned and crispy on the outside, about 20 minutes. Set aside to cool before assembling bowls.

3. Transfer 2 tablespoons peanut dressing into each of 4 small lidded containers; refrigerate for up to 4 days.

4. Divide kale among 4 single-serving containers (about 1½ cups each). Top each with one fourth of the roasted sweet potatoes and ½ cup chicken. Seal the containers and refrigerate for up to 4 days.

5. Just before serving, drizzle each salad with 1 portion of Peanut Dressing and toss well to coat. Top with 1 tablespoon chopped peanuts.

Peanut Dressing

Whisk ½ cup smooth unsweetened natural peanut butter, ¼ cup reduced-sodium tamari or soy sauce, ¼ cup fresh lime juice, 2 tablespoons water, 1 tablespoon honey, and 1 teaspoon minced garlic in a jar.

SNACK

- 1 medium apple

DINNER

Kale & Avocado Salad with Blueberries & Edamame

6 cups stemmed and coarsely chopped curly kale
1 avocado, diced
1 cup blueberries
1 cup halved yellow cherry tomatoes
1 cup cooked shelled edamame
¼ cup sliced almonds, toasted
½ cup crumbled goat cheese (2 ounces)
¼ cup olive oil
3 tablespoons lemon juice
1 tablespoon minced chives
1½ teaspoons honey
1 teaspoon Dijon mustard
1 teaspoon salt

1. Place kale in a large bowl and, using your hands, massage to soften the leaves. Add avocado, blueberries, tomatoes, edamame, almonds and goat cheese.

2. Combine oil, lemon juice, chives, honey, mustard and salt in a small bowl or in a jar with a tight-fitting lid. Whisk or shake well.

3. Drizzle the vinaigrette over the salad and toss to combine. Serve with 1-ounce slice whole-wheat baguette.

DAILY TOTALS: **CAL** 1,491 **PROTEIN** 58G **CARBS** 160G **FIBER** 35G **FAT** 77G **SODIUM** 1,648MG

EMBRACE THE MEDITERRANEAN DIET

Whether you're new to cooking, just starting your journey to healthier eating or looking to simplify your routine, this Mediterranean-diet meal plan can help.

BY EMILY LACHTRUPP, M.S., RD

The Mediterranean diet is more of a lifestyle than a restrictive diet with food "rules." While some of the research on the diet focuses on the people and food from the Mediterranean region, the principles of the diet can be applied to any cuisine. It includes plenty of whole grains, fruits, vegetables, beans and lentils as well as seafood and healthy fats, like olive oil and nuts. It adds in a moderate amount of chicken, turkey, eggs and fermented dairy, like yogurt or kefir, while limiting red meat and added sugars. Plus, the diet emphasizes the importance of cooking at home, enjoying meals with others and fitting in regular exercise, such as walking.

The Mediterranean diet was voted the best diet by U.S. News & World Report in 2022 for a reason—it has many health benefits. Because it includes plenty of healthy fats and limits less healthy saturated fats while incorporating plenty of fiber from fresh produce and whole grains, it can improve heart health. Plus, research shows that it can help with weight loss, improve blood sugars and even support brain health.

BREAKFAST

- 1 cup nonfat plain strained yogurt, such as Greek-style
- ¼ cup blackberries
- 3 tablespoons chopped walnuts

SNACK

- ½ cup raspberries

LUNCH

Veggie and Hummus Sandwich

Spread 1 slice of whole-grain bread with 3 tablespoons of hummus and another with ¼ of an avocado, mashed. Fill the sandwich with ½ cup mixed salad greens, ¼ medium red bell pepper, sliced, ¼ cup sliced cucumber and ¼ cup shredded carrot. Slice in half and serve.

SNACK

- 1 large pear

DINNER

Roasted Salmon & Vegetables

1 pound fingerling potatoes, halved lengthwise
2 tablespoons olive oil
5 garlic cloves, coarsely chopped
½ teaspoon sea salt
½ teaspoon freshly ground black pepper
4 (5- to 6-ounce) skinless salmon fillets, thawed if frozen
2 medium red, yellow and/or orange bell peppers, cut into rings
2 cups cherry tomatoes
1½ cups chopped fresh parsley (1 bunch)
¼ cup pitted Kalamata olives, halved
¼ cup finely snipped fresh oregano or 1 tablespoon dried oregano, crushed
Zest and juice of 1 lemon

1. Preheat oven to 425 degrees F. Place potatoes in a large bowl. Drizzle with 1 tablespoon of the oil and sprinkle with garlic and ⅛ teaspoon of the salt and black pepper; toss to coat. Transfer to a baking sheet; cover with foil. Roast 30 minutes.

2. Meanwhile, combine bell peppers, tomatoes, parsley, olives, oregano, ¼ teaspoon each salt and pepper and the remaining 1 tablespoon in the bowl. Toss to coat.

3. Pat salmon dry. Sprinkle with the remaining ¼ teaspoon each salt and pepper. Spoon the vegetables over the potatoes and top with salmon. Roast, uncovered, until the salmon flakes easily, about 10 minutes.

4. Drizzle the salmon and vegetables with lemon juice and sprinkle with lemon zest before serving.

DAILY TOTALS: **CAL** 1,202 **PROTEIN** 74G **CARBS** 128G **FIBER** 32G **FAT** 49G **SODIUM** 1,085MG

HEALTHY WEIGHT-LOSS MEAL PLAN

At 1,500 calories, this one-day meal plan can help you dive in and start hitting your weight-loss goals.

BY EMILY LACHTRUPP, M.S., RD

If you're following this plan for weight loss, we set the calorie level at 1,500 per day, which is a level at which most people lose weight. This plan aims to simplify the meal routine while highlighting fresh produce. To estimate how many calories you need each day to stay at the weight you are right now, multiply your current weight by 12. To lose 1 pound per week, cut 500 calories a day. To lose 2 pounds per week, cut 1,000 calories a day. This formula is used in many clinical weight-loss trials and assumes the person using the equation is sedentary. If you're an active person, you may find you need more calories. The best gauge for whether you're at the right level is how satisfied you feel (you shouldn't be hungry all day!) and whether you're losing weight. We do not advise eating less than 1,200 calories, as below that level makes it hard to meet your nutrient needs—or feel satisfied enough to stick with a plan.

BREAKFAST
(287 CALORIES)

- Muesli with raspberries: Top ⅓ cup muesli with 1 cup raspberries and serve with ¾ cup low-fat milk.

SNACK
(282 CALORIES)

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup blueberries
- 2 tablespoons chopped walnuts

LUNCH
(337 CALORIES)

1 serving of Brussels Sprouts Salad with Crunchy Chickpeas

Divide one 9- to 10-ounce package shredded or shaved Brussels sprouts and 4 cups kale among 4 single-serving lidded containers. (You'll have about 3½ cups of greens in each container.) Seal and refrigerate for up to 4 days. Just before serving, drizzle with 1 portion of Lemon-Tahini Dressing and toss well to coat. Top with ¼ cup roasted chickpeas and ¼ avocado.

1 serving of Lemon-Tahini Dressing

Whisk 3 tablespoons lemon juice, 2 tablespoons water, 2 tablespoons tahini, 1 small clove garlic (minced), ½ teaspoon salt, and ⅛ teaspoon cayenne pepper in a small bowl until smooth. Recipe makes 5 servings.

SNACK
(95 CALORIES)

- 1 medium apple

DINNER
(483 CALORIES)

1 serving Herb-Grilled Chicken Frites

1¾ pounds bone-in, skin-on chicken thighs
¾ teaspoon salt, divided
¾ teaspoon ground pepper, divided
5 tablespoons extra-virgin olive oil, divided
2 tablespoons lemon juice
1½ cups chopped fresh herbs, such as basil, parsley, chives and/or oregano
1½ pounds russet potatoes, cut into wedges
¼ cup capers, rinsed
¼ cup rinsed pickled jalapeño pepper

1. Preheat grill to medium-high.

2. Sprinkle chicken with ½ teaspoon each salt and pepper. Whisk 2 tablespoons oil, lemon juice and herbs in a medium bowl. Reserve ½ cup for sauce, then add the chicken to the bowl and rub with the remaining herb mixture. Let stand for 5 minutes.

3. Toss potatoes with 1 tablespoon oil and the remaining ¼ teaspoon each salt and pepper. Grill the potatoes and chicken, flipping occasionally, until the potatoes are browned and tender, about 15 minutes, and the chicken is crispy and an instant-read thermometer inserted in the thickest part registers 165 degrees F, 15 to 20 minutes.

4. Transfer the potatoes to a serving platter and tent with foil to keep warm. Transfer the chicken to a clean cutting board and tent with foil. Let rest for 5 minutes, then add to the platter.

5. Add the reserved herb mixture, capers, jalapeños and the remaining 2 tablespoons oil to the juices on the cutting board. Chop the mixture into a paste and spread over the chicken.

DAILY TOTALS: **CAL** 1,484 **PROTEIN** 77G **CARBS** 158G **FIBER** 36G **FAT** 68G **SODIUM** 1,223 MG

PLANT-BASED FOR A DAY

This beginner-friendly meal plan makes it easy to eat meatless.

BY EMILY LACHTRUPP, M.S., RD

The definition of a plant-based diet is a bit vague, because there's no agreed-upon "final" definition. For the purpose of this plan, plant-based means vegetarian, so we didn't include meat but included dairy and eggs. For others, plant-based might mean a completely vegan diet, or it might simply mean that you focus primarily on plant-based proteins and try to eat meat sparingly. Whatever it means to you, it's always a good idea to increase your vegetables, fruits, whole grains and legumes, because they are high in fiber, an important nutrient that 95 percent of us don't get enough of.

Fiber plays an important role in disease prevention and regulating our digestive system. Some types of soluble fiber—dubbed "prebiotics" and found in asparagus, leeks, soybeans, wheat and oats—have been shown to increase the bioavailability of minerals such as calcium in the foods you eat, which may help maintain bone density.

BREAKFAST

Berry-Kefir Smoothie

Combine 1½ cups frozen mixed berries, 1 cup plain kefir, ½ medium banana, 2 teaspoons almond butter, and ½ teaspoon vanilla extract in a blender. Combine until smooth.

SNACK

- 1 medium apple

LUNCH

Green Salad with Pita Bread and Hummus

Arrange 2 cups mixed salad greens, ½ cup sliced cucumber and 2 tablespoons grated carrot on a plate. Drizzle with 1½ teaspoons extra-virgin olive oil and 1½ teaspoons balsamic vinegar. Serve with ¼ cup of hummus and whole-wheat pita bread, toasted.

SNACK

- ¼ cup dry-roasted unsalted almonds

DINNER

Celeriac & Walnut Tacos

½ cup walnuts
8 ounces celeriac (celery root), peeled and cut into 1-inch pieces
2 tablespoons corn oil
1 clove garlic, finely chopped
1 teaspoon chili powder
¾ teaspoon ground cumin
¼ teaspoon crushed red pepper

¼ teaspoon salt plus a pinch, divided
⅛ teaspoon onion powder
⅛ teaspoon dried oregano
½ cup water
½ cup julienned peeled jicama and/or radishes
1 tablespoon lime juice
8 corn tortillas, warmed
1 ripe avocado, sliced
½ cup fresh salsa or pico de gallo
¼ cup fresh cilantro
Fresh limes

1. Toast walnuts in a medium skillet over medium heat until fragrant, about 2 minutes. Pulse in a food processor to coarsely chop. Transfer to a small bowl.

2. Pulse celeriac in the food processor until chopped into ¼-inch pieces.

3. Heat oil in the pan over medium heat. Add the celeriac and cook, stirring occasionally, until tender, about 5 minutes. Add the walnuts and garlic and cook, stirring, for 30 seconds. Add chili powder, cumin, crushed red pepper, ¼ teaspoon salt, onion powder and oregano; cook, stirring, for 30 seconds. Add water and simmer until mostly absorbed but still saucy, 1 to 2 minutes. Remove from heat and cover to keep warm.

4. Mix jicama (and/or radishes) with lime juice and the remaining pinch of salt.

5. Serve the celeriac mixture in tortillas topped with the jicama (and/or radishes), avocado, salsa (or pico de gallo) and cilantro.

SERVE WITH

2 cups mixed greens and 1 serving Citrus Vinaigrette

Combine ½ small shallot, quartered, 1 teaspoon orange zest, ¼ cup orange juice (preferably freshly squeezed), 2 tablespoons lemon juice, 2 teaspoons Dijon mustard, ½ teaspoon salt and ½ teaspoon ground pepper in a blender or mini food processor. Add ¼ cup extra-virgin olive oil and ¼ cup organic canola oil (or avocado oil); blend until smooth. Makes 8 servings.

DAILY TOTALS: **CAL** 1,499 **PROTEIN** 55G **CARBS** 183G **FIBER** 39G **FAT** 79G **SODIUM** 1,405MG

CHAPTER 3

Make It a Week

With a little bit of up-front prep, these seven-day plans make the dinner routine a breeze.

SEVEN DAYS OF THE DASH DIET

This meal plan is designed to help you lower your blood pressure and lose weight, and it can help prevent diabetes as well.

BY VICTORIA SEAVER, M.S., RD

Voted the "Best Diet Overall" for nine years in a row (from 2009 to 2017) by U.S. News & World Report, the DASH diet can help you meet and maintain your health goals. The original intention of the DASH diet (Dietary Approaches to Stop Hypertension) was to help lower high blood pressure (or hypertension), and research shows it does this well. But even if you don't have high blood pressure, you might benefit from trying the DASH diet, as research also shows it promotes weight loss and combats diabetes, all while being easy to follow and nutritious.

The focus of the DASH diet is more about what you can eat, rather than cutting foods out. The basic idea is to load up on fruits and veggies, choose whole grains over refined, and eat modest amounts of lean meat and fish. By including plenty of healthy whole foods each day, you naturally eliminate some of the not-so-great foods.

DAY 1

BREAKFAST

Egg Toast with Salsa

- 1 slice whole-wheat bread, toasted
- 1 egg, cooked in ¼ tsp. olive oil
- Pinch each of salt and pepper
- 2 tablespoon pico de gallo or salsa

Top bread with the egg, salt, pepper and pico de gallo (or salsa). Serve with 1 medium banana.

SNACK

- 1 pear, sliced and topped with cinnamon

LUNCH

Caprese Sandwich

- 2 slices ciabatta, toasted
- ¼ cup lightly packed fresh basil leaves
- 2 ounces mozzarella cheese, sliced
- 2 slices tomato
- 1 tablespoon chopped sun-dried tomatoes in oil
- 1 teaspoon balsamic glaze

Top 1 ciabatta slice with half of the basil leaves; top with mozzarella, tomato and sun-dried tomatoes. Drizzle with balsamic glaze and top with the remaining basil leaves and ciabatta slice. Cut in half diagonally and serve.

SNACK

- ¾ cup raspberries

DINNER

1 serving Lemon-Herb Salmon with Caponata & Farro

- 2 cups water
- ⅔ cup farro
- 1 medium eggplant, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 summer squash, cut into 1-inch pieces
- 1 small onion, cut into 1-inch pieces
- 1½ cups cherry tomatoes

- **3 tablespoons extra-virgin olive oil**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 tablespoons capers, rinsed and chopped**
- **1 tablespoon red-wine vinegar**
- **2 teaspoons honey**
- **1¼ pounds wild salmon, cut into 4 portions**
- **1 teaspoon grated lemon zest**
- **½ teaspoon Italian seasoning**

1. Position racks in upper and lower thirds of oven; preheat to 450 degrees F. Line 2 rimmed baking sheets with foil and coat with cooking spray.

2. Bring water and farro to a boil in a saucepan. Reduce heat to low, cover and simmer until just tender, about 30 minutes. Drain if necessary.

3. Meanwhile, toss eggplant, bell pepper, squash, onion and tomatoes with oil, ½ teaspoon salt and ¼ teaspoon pepper in a large bowl. Divide between the prepared baking sheets. Roast on the upper and lower racks, stirring once halfway, until the vegetables are tender and starting to brown, about 25 minutes. Return them to the bowl. Stir in capers, vinegar and honey.

4. Season salmon with lemon zest, Italian seasoning and the remaining ¼ teaspoon each salt and pepper, and place on one of the baking sheets. Roast on the lower rack until just cooked through, 6 to 12 minutes, depending on thickness. Serve the salmon with farro, vegetable caponata and lemon wedges.

DAILY TOTALS: **CAL** 1,243 **PROTEIN** 63G **CARBS** 163G **FIBER** 29G **FAT** 42G **SODIUM** 1,457MG

DAY 2

BREAKFAST

Fig & Honey Yogurt

- **⅔ cup nonfat plain strained yogurt, such as Greek-style**
- **5 dried figs, chopped**
- **2 teaspoons chia seeds**
- **1½ teaspoons honey**

Top yogurt with figs, chia seeds and honey.

SNACK

- ½ cup grapes

LUNCH

White Bean & Avocado Salad

- **2 cups mixed greens**
- **¾ cup chopped veggies, such as cucumber and cherry tomatoes**
- **⅓ cup canned white beans, rinsed**
- **½ avocado, diced**
- **2 tablespoons vinaigrette**

Top salad greens with veggies, beans, avocado and vinaigrette. Toss to combine.

SNACK

- 1 clementine

DINNER

1 serving Curried Cauliflower Steaks & Red Rice with Tzatziki

Tzatziki

- **¾ cup nonfat plain strained yogurt, such as Greek-style**
- **¼ cup sour cream**
- **1 tablespoon lemon juice**
- **1 clove garlic, minced**
- **½ teaspoon kosher salt**
- **½ medium cucumber, seeded and grated**

Cauliflower Steaks & Rice

- **1 cup red rice or brown basmati rice**
- **⅓ cup extra-virgin olive oil**
- **1 tablespoon lemon juice**
- **2 teaspoons curry powder**
- **½ teaspoon kosher salt**
- **2 medium heads cauliflower**
- **2 tablespoons chopped fresh cilantro**

1. To prepare tzatziki: Whisk yogurt, sour cream, lemon juice, garlic and salt in a medium bowl until smooth. Fold in cucumber. Refrigerate.

2. To prepare rice and cauliflower: Preheat oven to 450 degrees F. Line a large rimmed baking sheet with foil.

3. Prepare rice according to package directions. Keep warm.

4. Meanwhile, whisk oil, lemon juice, curry powder and salt in a small bowl.

5. Remove any outer leaves from cauliflower, but keep stems intact. Place on a cutting board, stem-side down. Using a large chef's knife, cut two 1-inch-thick slices from the center of each head to make 4 cauliflower "steaks." Cut enough of the remaining cauliflower into ¾-inch florets to get 4 cups. Place the steaks and florets in a single layer on the prepared baking sheet. Brush both sides with the curry mixture.

6. Roast, gently turning halfway through, until the florets are lightly browned and the cauliflower-steak stems are tender, 30 to 35 minutes.

7. Refrigerate the florets and 6 tablespoons tzatziki for another use.

8. Divide the rice among 4 plates and top each portion with a cauliflower steak, ¼ cup tzatziki and a sprinkle of cilantro.

1 serving Chocolate & Nut Butter Bites

- **8 ¼-ounce squares bittersweet chocolate**
- **4 teaspoons almond, cashew or pistachio butter**

Sandwich 1 teaspoon nut butter of your choice (almond, cashew or pistachio) between 2 squares of chocolate. Makes 4 servings.

DAILY TOTALS: **CAL** 1,184 **PROTEIN** 41G **CARBS** 155G **FIBER** 30G **FAT** 53G **SODIUM** 818MG

Day 3

BREAKFAST

1 serving Peanut-Butter Cinnamon Toast

- **1 slice whole-wheat bread, toasted**
- **1 tablespoon peanut butter**
- **1 small banana, sliced**
- **Cinnamon to taste**

Spread toast with peanut butter and top with banana slices. Sprinkle with cinnamon to taste.

SNACK

- 1 cup raspberries

LUNCH

1 serving Salmon Pita Sandwich

Meal-Prep Tip: Save the other half of the pita for lunch on Day 5.

- **2 tablespoons plain nonfat yogurt**
- **2 teaspoons chopped fresh dill**
- **2 teaspoons lemon juice**
- **½ teaspoon prepared horseradish**
- **3 ounces flaked and drained canned sockeye salmon**
- **½ 6-inch whole-wheat pita bread**
- **½ cup watercress**

Combine yogurt, dill, lemon juice and horseradish in a small bowl; stir in salmon. Stuff the pita half with the salmon salad and watercress. Serve with 1 cup grapes.

SNACK

- 1 medium pear, sliced and topped with cinnamon

DINNER

1 serving Chicken with Orzo Salad

- **2 skinless, boneless chicken breasts (8 ounces each), halved**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 teaspoon grated lemon zest**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **¾ cup whole-wheat orzo**
- **2 cups thinly sliced baby spinach**
- **1 cup chopped cucumber**
- **1 cup chopped tomato**

¼ cup chopped red onion
¼ cup crumbled feta cheese
2 tablespoons chopped Kalamata olives
2 tablespoons lemon juice
1 clove garlic, grated
2 teaspoons chopped fresh oregano

1. Preheat oven to 425 degrees F.

2. Brush chicken with 1 tablespoon oil and sprinkle with lemon zest and ¼ teaspoon each salt and pepper. Place in a baking dish. Bake until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 25 to 30 minutes.

3. Meanwhile, bring a quart of water to a boil in a medium saucepan over high heat. Add orzo and cook for 8 minutes. Add spinach and cook for 1 minute more. Drain and rinse with cold water. Drain well and transfer to a large bowl. Add cucumber, tomato, onion, feta and olives. Stir to combine.

4. Whisk remaining 2 tablespoon oil, lemon juice, garlic, oregano and remaining ¼ teaspoon each salt and pepper in a small bowl. Stir all but 1 tablespoon of dressing into the orzo mixture. Drizzle remaining dressing over chicken and serve with salad. Recipe makes 4 servings. Serve with 1 clementine.

DAILY TOTALS: **CAL** 1,212 **PROTEIN** 69G **CARBS** 164G **FIBER** 30G **FAT** 35G **SODIUM** 1,234MG

Day 4

BREAKFAST

Yogurt with Nuts & Raspberries

1 cup nonfat plain strained yogurt, such as Greek-style
½ cup raspberries
5 walnuts, chopped
1 teaspoon honey

Top yogurt with raspberries, walnuts and honey.

SNACK

- 1 medium apple, sliced and sprinkled with cinnamon

LUNCH

1 serving Cucumber Salad

1½ cups mixed greens
½ cup cucumber slices
2 tablespoons grated carrot
1 tablespoon vinaigrette

Top salad greens with cucumber, carrot and vinaigrette. Toss to combine.

SNACK

- 1 medium plum

DINNER

1 serving Stuffed Sweet Potato with Hummus Dressing

1 large sweet potato, scrubbed
¾ cup chopped kale
1 cup canned black beans, rinsed
¼ cup hummus
2 tablespoons water

1. Prick sweet potato all over with a fork. Microwave on High until cooked through, 7 to 10 minutes.

2. Meanwhile, wash kale and drain, allowing water to cling to the leaves. Place in a medium saucepan; cover and cook over medium-high heat, stirring once or twice, until wilted. Add beans; add a tablespoon or two of water if the pot is dry. Continue cooking, uncovered, stirring occasionally, until the mixture is steaming hot, 1 to 2 minutes.

3. Split the sweet potato open and top with the kale and bean mixture. Combine hummus and 2 tablespoons water in a small dish. Add additional water as needed to reach desired consistency. Drizzle the hummus dressing over the stuffed sweet potato.

DAILY TOTALS: **CAL** 1,181 **PROTEIN** 58G **CARBS** 176G **FIBER** 46G **FAT** 36G **SODIUM** 976MG

Day 5

BREAKFAST

1 serving Peanut-Butter Cinnamon Toast
(page 36)

SNACK

- 2 clementines

LUNCH

Green Salad with Pita Bread & Hummus

- **2 cups mixed greens**
- **¼ cup grated carrot**
- **½ cup sliced cucumber**
- **2 tablespoons vinaigrette**
- **½ large whole-wheat pita round**
- **¼ cup hummus**

Top greens with carrot, cucumber and vinaigrette. Serve with pita bread and hummus.

- 1 medium plum

SNACK

- 1 cup grapes

DINNER

1½ cups Chicken Chili with Sweet Potatoes

Meal-Prep Tip: Save 1½ cups of the chili for lunch on Day 7.

- **2 tablespoons extra-virgin olive oil**
- **1 large onion, chopped**
- **3 cloves garlic, minced**
- **2 cups cubed sweet potato (½-inch)**
- **1 medium green bell pepper, chopped**
- **2 tablespoons chili powder**
- **2 teaspoons ground cumin**
- **1 teaspoon dried oregano**
- **1 (15-ounce) can low-sodium cannellini beans, rinsed**
- **2 cups low-sodium chicken broth or homemade chicken stock**
- **1 cup frozen corn**
- **2 cups cubed cooked chicken (½-inch; about 10 ounces)**
- **¾ teaspoon salt**
- **¼ teaspoon ground pepper**
- **Sour cream, avocado and/or cilantro for garnish**

1. Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato and bell pepper; cook, stirring occasionally, until the vegetables are slightly softened, 5 to 6 minutes. Stir in chili powder, cumin and oregano and cook, stirring, until fragrant, 1 minute.

2. Add beans and broth (or stock) and bring to a boil. Reduce heat, partially cover and simmer gently for 15 minutes.

3. Increase heat to medium-high and stir in corn; cook 1 minute. Add chicken and cook until heated through, 1 to 2 minutes more. Remove from heat. Stir in salt and pepper. Serve topped with sour cream, avocado and/or cilantro.

DAILY TOTALS: **CAL** 1,184 **PROTEIN** 50G **CARBS** 166G **FIBER** 31G **FAT** 42G **SODIUM** 1,322MG

SERVE THIS CHICKEN CHILI WITH YOUR FAVORITE HOT SAUCE AND TORTILLA CHIPS AND TOP WITH A DOLLOP OF SOUR CREAM.

Day 6

BREAKFAST

Fig & Honey Yogurt

- ⅔ cup nonfat plain strained yogurt, such as Greek-style
- 5 dried figs, chopped
- 2 teaspoons chia seeds
- 1½ teaspoons honey

Top yogurt with figs, chia seeds and honey.

SNACK

- 1 cup raspberries

LUNCH

Turkey & Pear Pita Melt

- ½ large whole-wheat pita round (Save the other half of the pita for a snack on Day 7.)
- 3½ ounces low-sodium deli turkey
- 1 medium pear, sliced
- 1 tablespoon shredded Cheddar cheese
- 1 cup mixed greens

Stuff pita pocket with turkey, half of the pear slices and cheese. Toast in a toaster oven until the cheese starts to melt. Add greens to the pita just before eating. Serve the remaining pear slices on the side.

SNACK

- 1 medium plum
- 4 walnut halves

DINNER

Grilled Eggplant & Tomato Pasta

- 1 pound plum tomatoes, chopped
- 4 tablespoons extra-virgin olive oil, divided
- 2 teaspoons chopped fresh oregano
- 1 clove garlic, grated
- ½ teaspoon ground pepper
- ¼ teaspoon crushed red pepper
- ½ teaspoon salt
- 1½ pounds eggplant, cut into ½-inch-thick slices
- ½ cup chopped fresh basil
- 8 ounces whole-wheat penne
- ¼ cup shaved ricotta salata or crumbled feta cheese

1. Put a large pot of water on to boil. Preheat grill to medium-high.
2. Toss tomatoes with 3 tablespoons oil, oregano, garlic, pepper, crushed red pepper and salt in a large bowl.
3. Brush eggplant with the remaining 1 tablespoon oil. Grill, turning once, until tender and charred in spots, about 4 minutes per side. Let cool for 10 minutes. Chop into bite-size pieces and add to the tomatoes along with basil.
4. Meanwhile, cook pasta according to package directions. Drain.
5. Serve the tomato mixture on the pasta. Sprinkle with cheese.

DAILY TOTALS: **CAL** 1,310 **PROTEIN** 58G **CARBS** 194G **FIBER** 40G **FAT** 39G **SODIUM** 1,207MG

Day 7

BREAKFAST

Egg Toast with Salsa

- **1 slice whole-wheat bread, toasted**
- **1 egg, cooked in ¼ teaspoon olive oil**
- **Pinch each of salt and pepper**
- **2 tablespoons pico de gallo or salsa**

Top bread with egg, salt, pepper and pico de gallo (or salsa).

- 1 medium banana

SNACK

- ½ large whole-wheat pita round, toasted
- 2 tablespoons hummus

LUNCH

- 1½ cups Chicken Chili with Sweet Potatoes (Day 5 Dinner)

SNACK

- ½ cup raspberries

DINNER

1⅓ cups Creamy Fettuccine with Brussels Sprouts & Mushrooms

- **12 ounces whole-wheat fettuccine**
- **1 tablespoon extra-virgin olive oil**
- **4 cups sliced mixed mushrooms, such as cremini, oyster and/or shiitake**
- **4 cups thinly sliced Brussels sprouts**
- **1 tablespoon minced garlic**
- **½ cup dry sherry, or 2 tablespoons sherry vinegar**
- **2 cups low-fat milk**
- **2 tablespoons all-purpose flour**
- **½ teaspoon salt**
- **½ teaspoon freshly ground pepper**
- **1 cup finely shredded Asiago cheese, plus more for garnish**

1. Cook pasta in a large pot of boiling water until tender, 8 to 10 minutes. Drain, return to the pot and set aside.

2. Meanwhile, heat oil in a large skillet over medium heat. Add mushrooms and Brussels sprouts and cook, stirring often, until the mushrooms release their liquid, 8 to 10 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Add sherry (or vinegar), scraping up any brown bits; bring to a boil and cook, stirring, until almost evaporated, 10 seconds (if using vinegar) or about 1 minute (if using sherry).

3. Whisk milk and flour in a bowl; add to the skillet with salt and pepper. Cook, stirring, until the sauce bubbles and thickens, about 2 minutes. Stir in Asiago until melted. Add the sauce to the pasta; gently toss. Serve with more cheese, if desired.

- ½ ounce dark chocolate

DAILY TOTALS: **CAL** 1,310 **PROTEIN** 58G **CARBS** 194G **FIBER** 40G **FAT** 39G **SODIUM** 1,207MG

TO SIMPLIFY THE PREP, LOOK FOR PRESLICED MUSHROOMS IN THE PRODUCE AISLE.

FLEXIBLE AND HEALTHY

The flexitarian diet combines plant-based eating with some flexibility, allowing for a diet that's easy to stick to and nutritious.

BY EMILY LACHTRUPP, M.S., RD

The "flexible vegetarian" diet—aptly named the flexitarian diet—is a mostly plant-based way of eating. It's perfect for those looking to try more vegetarian meals, without completely forgoing meat. When it comes to feeding a family, there are often lots of preferences to take into account, which is exactly why this flexible way of eating works. Unlike a vegetarian or vegan diet, meat can still be included, but the focus is on plant-based foods and proteins, like nuts, seeds, dairy and beans or lentils. Some people choose to include meat once or twice a week, while others may rarely indulge, perhaps only when they're at someone's house for dinner or have limited options. The beauty of the flexitarian plan is that—true to its name—it's flexible. You can include animal proteins in whatever way makes the most sense for your lifestyle. As a bonus, the flexitarian diet provides some serious health benefits. Research shows that people who eat more plant-based foods tend to have lower body weights, healthier blood pressure and a decreased risk of developing diabetes.

SWITCH UP THE STUFFED POTATO FORMULA WITH A VARIETY OF VEGGIE TOPPINGS.

DAY 1

BREAKFAST

1 serving Sprouted-Grain Toast with Peanut Butter & Banana

Toast 1 slice of sprouted-grain bread. Spread the toast with 1 tablespoon peanut butter and top with 1 medium banana, sliced.

SNACK

- 1 hard-boiled egg with a pinch of salt and pepper

LUNCH

1 serving Chickpea Salad Sandwich

- 2 15-ounce cans no-salt-added chickpeas, rinsed
- 6 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- ½ teaspoon garlic powder

- ½ cup finely chopped celery
- ¼ cup finely chopped fresh dill
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper
- 4 tablespoons vegan mayonnaise
- 8 slices whole-grain bread, toasted
- 4 green lettuce leaves
- 4 thin slices red onion
- 4 tomato slices

1. Combine chickpeas, oil, lemon juice, mustard and garlic powder in a large bowl. Using a fork or potato masher, crush the chickpeas until most are mashed but some are still whole. Stir in celery, dill, salt and pepper.

2. Spread 1 tablespoon mayonnaise on one side of each of 4 slices of bread. Top evenly with lettuce, onion, tomato and chickpea mixture. Top with the remaining 4 slices of bread. Recipe serves 4.

• Serve with ½ cup blueberries.

SNACK

• 1 cup low-fat plain Greek yogurt
• ¼ cup raspberries

DINNER

1 serving Stuffed Potatoes with Salsa & Beans

- 4 medium russet potatoes
- ½ cup fresh salsa
- 1 ripe avocado, sliced
- 1 15-ounce can pinto beans, rinsed, warmed and lightly mashed
- 4 teaspoons chopped pickled jalapeño pepper

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes. (Alternatively, bake potatoes at 425 degrees F until tender, 45 minutes to 1 hour.) Transfer to a clean cutting board and let cool slightly.

2. Holding the potatoes with a kitchen towel to protect your hands, make a lengthwise cut to open each one, but don't cut all the way through. Pinch the ends to expose the flesh.

3. Top each potato with some of the salsa, avocado, beans and jalapeños. Serve warm.

1 serving Guacamole Chopped Salad

- 2 tablespoons corn oil or avocado oil
- 2 tablespoons lime juice
- 1 clove garlic, grated
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups chopped romaine lettuce
- 2 ripe avocados, diced
- 1 cup grape tomatoes, quartered
- ¼ cup slivered red onion
- 1 tablespoon chopped pickled jalapeño pepper

Whisk oil, lime juice, garlic, salt and pepper in a large bowl. Add romaine, avocado, tomatoes, onion and jalapeño; toss gently to coat.

DAILY TOTALS: **CAL** 1,784 **PROTEIN** 69G **CARBS** 237G **FIBER** 43G **FAT** 84G **SODIUM** 1,637MG

DAY 2

BREAKFAST

1 serving Muffin-Tin Omelets with Bell Pepper, Black Beans & Jack Cheese

- 8 large eggs
- ½ cup reduced-fat milk
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¾ cup chopped red bell pepper
- ¾ cup black beans, rinsed
- 6 tablespoons shredded Monterey Jack cheese
- ¼ cup salsa

1. Preheat oven to 325 degrees F.

2. Whisk eggs, milk, salt and pepper in a large bowl.

3. Liberally coat a 12-cup muffin pan with cooking spray (or use silicone muffin cups). Divide bell pepper, black beans, cheese and salsa among the muffin cups. Top with the egg mixture. Bake until set and lightly brown, 20 to 25 minutes. Let stand for 5 minutes before removing from the pan. Serving size is 2 muffins.

- ½ cup low-fat plain kefir
- 1 medium peach

SNACK

- 1 cup blackberries
- 8 dried walnut halves

LUNCH

1 serving Spinach & Artichoke Salad with Parmesan Vinaigrette

- 1 15-ounce can quartered artichoke hearts
- 1 recipe Parmesan Vinaigrette
- 1 5-ounce package baby spinach (about 6 cups)
- 6 hard-boiled eggs
- ¼ cup chopped unsalted pistachios

1. Line a sheet pan with paper towels or a clean dish towel. Drain artichokes in a wire-mesh strainer and rinse well under cold water; drain again. Arrange the artichokes in a single layer on the prepared pan (to remove moisture); set aside.

2. Transfer 2 tablespoons vinaigrette into each of 4 small lidded containers.

3. Divide the artichokes among the 4 single-serving containers. Top each with one-fourth of the spinach. Seal the containers and refrigerate for up to 4 days.

4. In the morning before taking your lunch to go, slice 1½ hard-boiled eggs and add to one meal-prep container. Dress with the vinaigrette and sprinkle with 1 tablespoon pistachios just before serving.

Parmesan Vinaigrette

Whisk ½ cup lemon juice, ½ cup minced shallot, ½ cup grated Parmesan cheese, 2 tablespoons minced fresh chives, 4 teaspoons Dijon mustard and ½ teaspoon salt in a medium bowl. Slowly whisk in 1 cup of extra virgin olive oil.

- 1 plum

SNACK

- ¼ cup dry-roasted unsalted almonds

DINNER

1 serving Sheet-Pan Salmon with Sweet Potatoes & Broccoli

- 3 tablespoons low-fat mayonnaise
- 1 teaspoon chili powder
- 2 medium sweet potatoes, cut into 1-inch cubes
- 4 teaspoons olive oil, divided
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 4 cups broccoli florets (8 ounces; 1 medium crown)
- 1¼ pounds salmon fillet, cut into 4 portions
- 2 limes, 1 zested and juiced, 1 cut into wedges for serving
- ¼ cup crumbled feta or cotija cheese
- ½ cup chopped fresh cilantro

1. Preheat oven to 425 degrees F. Line a large rimmed baking sheet with foil and coat with cooking spray.

2. Combine mayonnaise and chili powder in a small bowl. Set aside.

3. Toss sweet potatoes with 2 tsp. oil, ¼ tsp. salt, and ⅛ tsp. pepper in a medium bowl.

4. Spread on the prepared baking sheet. Roast for 15 minutes.

5. Meanwhile, toss broccoli with the remaining 2 teaspoons oil, ¼ teaspoon salt, and ⅛ teaspoon pepper in the same bowl.

6. Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes.

7. Spread 2 Tbsp. of the mayonnaise mixture over the salmon.

8. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.

9. Meanwhile, add lime zest and lime juice to the remaining 1 tablespoon mayonnaise; mix well.

10. Divide the salmon among 4 plates and top with cheese and cilantro.

11. Divide the sweet potatoes and broccoli among the plates and drizzle with the lime-mayonnaise sauce. Serve with lime wedges and any remaining sauce.

DAILY TOTALS: **CAL** 1,479 **PROTEIN** 90G **CARBS** 159G **FIBER** 35G **FAT** 61G **SODIUM** 1,671MG

DAY 3

BREAKFAST

1 serving Muffin-Tin Omelets with Bell Pepper, Black Beans & Jack Cheese

- ½ cup low-fat plain kefir
- 1 medium peach

SNACK

- 1 cup low-fat plain Greek yogurt
- 1 cup raspberries

LUNCH

1 serving Spinach & Artichoke Salad with Parmesan Vinaigrette

- 1 plum

SNACK

- ¼ cup dry-roasted unsalted almonds

DINNER

1 serving Greek Salad with Edamame

¼ cup red-wine vinegar
3 tablespoons extra-virgin olive oil
¼ teaspoon salt
¼ teaspoon ground pepper
8 cups chopped romaine (about 2 romaine hearts)
16 ounces frozen shelled edamame (about 3 cups), thawed
1 cup halved cherry or grape tomatoes
½ European cucumber, sliced
½ cup crumbled feta cheese
¼ cup slivered fresh basil
¼ cup sliced kalamata olives
¼ cup slivered red onion

Whisk vinegar, oil, salt and pepper in a large bowl. Add romaine, edamame, tomatoes, cucumber, feta, basil, olives and onion; toss to coat. Serve with 1-ounce slice whole-wheat baguette.

DAILY TOTALS: **CAL** 1,479 **PROTEIN** 90G **CARBS** 159G **FIBER** 35G **FAT** 61G **SODIUM** 1,671MG

DAY 4

BREAKFAST

1 serving Muffin-Tin Omelets with Bell Pepper, Black Beans & Jack Cheese

- ½ cup low-fat plain kefir
- 1 medium peach

SNACK

- ½ cup blueberries
- 10 walnuts

LUNCH

1 serving Spinach & Artichoke Salad with Parmesan Vinaigrette (page 44)

- 1 plum

SNACK

- 1 cup low-fat plain kefir
- ½ cup blackberries

DINNER

1 serving Vegan Tacos

1 serving Pineapple & Avocado Salad

Vegan Tacos

1 16-ounce package extra-firm tofu, drained, crumbled and patted dry
2 tablespoons reduced-sodium tamari or soy sauce
1 teaspoon chili powder
½ teaspoon garlic powder
½ teaspoon onion powder
1 tablespoon extra-virgin olive oil
1 ripe avocado
1 tablespoon vegan mayonnaise

- 1 teaspoon lime juice
- Pinch of salt
- ½ cup fresh salsa or pico de gallo
- 2 cups shredded iceberg lettuce
- 8 corn or flour tortillas, warmed
- Pickled radishes for garnish

1. Combine tofu, tamari (or soy sauce), chili powder, garlic powder and onion powder in a medium bowl. Heat oil in a large nonstick skillet over medium-high heat. Add the tofu mixture and cook, stirring occasionally, until nicely browned, 8 to 10 minutes.

2. Meanwhile, mash avocado, mayonnaise, lime juice and salt in a small bowl until smooth.

3. Serve the taco "meat" with the avocado crema, salsa (or pico de gallo) and lettuce in tortillas. Serve topped with pickled radishes, if desired.

Pineapple Avocado Salad

- ¼ cup thinly sliced red onion, separated into rings
- Ice water
- 2 firm ripe avocados
- 1 medium fresh pineapple
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lime juice
- ½ teaspoon kosher salt
- Freshly ground pepper to taste (optional)

1. Soak onion in a small bowl of ice water for 15 minutes to mellow the bite.

2. Meanwhile, halve avocados and cut each half into slices. Peel pineapple, halve lengthwise into quarters, remove the core and cut each quarter crosswise into slices.

3. Whisk oil and lime juice in a small bowl. Drain the onion and pat dry. Arrange half the avocado, pineapple and onion on a serving plate, sprinkle with ¼ teaspoon salt and drizzle with half the dressing; repeat the layers. Garnish with pepper, if desired.

DAILY TOTALS: **CAL** 1,479 **PROTEIN** 90G **CARBS** 159G **FIBER** 35G **FAT** 61G **SODIUM** 1,671MG

DAY 5

BREAKFAST

1 serving Sprouted-Grain Toast with Peanut Butter & Banana

SNACK

- 8 walnuts

LUNCH

1 serving Spinach & Artichoke Salad with Parmesan Vinaigrette

(page 44)

- 1 plum

SNACK

- 1 cup low-fat plain Greek yogurt
- ½ cup blueberries

DINNER

1 serving Chickpea, Artichoke & Avocado Salad with Apple-Cider Dressing

- 2 tablespoons cider vinegar
- 2 teaspoons whole-grain mustard
- 1 tablespoon minced shallot
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup extra-virgin olive oil
- 8 cups mixed salad greens (about 5 ounces)
- 1 14-ounce can artichoke hearts, rinsed and halved or quartered
- 1 cup rinsed no-salt-added chickpeas
- 1 avocado, chopped
- 2 hard-boiled eggs

Combine vinegar, mustard, shallot, salt and pepper in a large bowl. Whisk in oil until combined. Add salad greens, artichokes, chickpeas and avocado. Grate the eggs through the large holes of a box grater into the bowl. Toss gently to combine.

Avocado Toast with Everything Bagel Seasoning

DAILY TOTALS: **CAL** 1,479 **PROTEIN** 90G **CARBS** 159G **FIBER** 35G **FAT** 61G **SODIUM** 1,671MG

DAY 6

BREAKFAST

1 serving Sprouted-Grain Toast with Peanut Butter & Banana

SNACK

- ¼ cup dry-roasted unsalted almonds

LUNCH

1 serving Green Goddess Salad with Chickpeas

Dressing
1 avocado, peeled and pitted
1½ cups buttermilk
¼ cup chopped fresh herbs, such as tarragon, sorrel, mint, parsley and/or cilantro
2 tablespoons rice vinegar
½ teaspoon salt

Salad
3 cups chopped romaine lettuce
1 cup sliced cucumber
1 15-ounce can chickpeas, rinsed
¼ cup diced low-fat Swiss cheese
6 cherry tomatoes, halved if desired

1. To prepare dressing: place avocado, buttermilk, herbs, vinegar and salt in a blender. Puree until smooth.

2. To prepare salad: toss lettuce and cucumber in a bowl with ¼ cup of the dressing. Top with chickpeas, cheese and tomatoes. (Refrigerate the extra dressing for up to 3 days.)

- 1 cup strawberries, halved

SNACK

- 1 cup low-fat plain Greek yogurt
- 1 medium peach, sliced

DINNER

1 serving Eggs in Tomato Sauce with Chickpeas & Spinach

2 tablespoons extra-virgin olive oil
4 cups baby spinach, chopped (about 5 ounces)
4 cloves garlic, sliced
2 cups canned crushed tomatoes
1 15-ounce can no-salt-added chickpeas, rinsed
¼ cup heavy cream
½ teaspoon salt
4 large eggs
1 tablespoon chopped fresh thyme
½ teaspoon ground pepper

1. Heat oil in large skillet over medium heat. Add spinach and garlic. Cook, stirring, until the spinach has wilted and the garlic is beginning to brown, about 2 minutes.

2. Reduce heat to medium-low. Add tomatoes, chickpeas, cream and salt. Adjust heat to maintain a simmer. Crack an egg into a small bowl, taking care not to break the yolk. Make a well in the sauce roughly large enough to hold the egg and slip it in so that the yolk and most of the white is contained (some white may spread out). Repeat with the remaining eggs, evenly spacing them around the pan. Sprinkle the sauce with thyme; cover and cook until the eggs reach desired doneness, 6 to 8 minutes for medium-set. Remove from the heat and sprinkle with pepper. Serve with 1-ounce slice whole-wheat baguette.

DAILY TOTALS: **CAL** 1,492 **PROTEIN** 80G **CARBS** 174G **FIBER** 35G **FAT** 58G **SODIUM** 1,517MG

DAY 7

BREAKFAST

1 serving Muffin-Tin Omelets with Bell Pepper, Black Beans & Jack Cheese

- ½ cup low-fat plain kefir
- 1 medium peach

SNACK

- 1 cup low-fat plain Greek yogurt
- ½ cup blueberries

LUNCH

1 serving Green Goddess Salad with Chickpeas

- 1 cup strawberries, halved

SNACK

- ¼ cup dry-roasted unsalted almonds

DINNER

1 serving Cherry Tomato & Garlic Pasta

8 ounces whole-wheat penne pasta
2 tablespoons extra-virgin olive oil
6 cloves garlic, peeled
2 cups cherry tomatoes
1 medium yellow squash, halved and sliced ¼ inch thick
¾ teaspoon salt
1 cup chopped fresh basil
1 cup pearl-size or mini mozzarella balls (about 4 ounces)
¼ cup finely grated Parmesan cheese

1. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Reserve ¼ cup cooking water, drain the pasta and cover to keep warm.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add garlic, reduce heat to medium and cook, stirring, until it begins to soften and turn light golden, about 3 minutes. Add tomatoes, squash and salt; cook, stirring occasionally, until the squash softens and the tomatoes begin to burst, 4 to 5 minutes. Lightly mash the garlic with the back of a spoon. Remove from heat.
3. Add the pasta and reserved cooking water to the pan along with basil and mozzarella; toss to combine. Serve topped with Parmesan.

2 cups mixed greens with vinaigrette

DAILY TOTALS: **CAL** 1,479 **PROTEIN** 90G **CARBS** 159G **FIBER** 35G **FAT** 61G **SODIUM** 1,671MG

CHAPTER 4

A Meal Planned Month

A 30-day meal plan might seem daunting, but breaking it up into seven-day plans can lead to simpler, easier and more delicious days.

30-DAY LOW-CARB MEAL PLAN

This plan delivers recipes low in carbs, but not so low that you miss out on important nutrients.

BY EMILY LACHTRUPP, M.S., RD

In this healthy low-carb meal plan, the calories in the servings average 1,500 per day, a level at which most people will lose weight. It's important to note that healthy weight loss is gradual (about 1 to 2 pounds per week), so if you're feeling hungry at 1,500 calories, bump up the number until you feel satisfied, and slowly taper down to fewer calories over the next few months. You can add another healthy snack on those higher-calorie days.

Being aware of how many carbs you eat is important, whether you are trying to lose weight, eat a more balanced diet or manage diabetes. How many carbohydrates you need in a day depends on your individual needs. According to the American Dietary Guidelines, carbohydrates should make up 45 percent to 65 percent of your daily calories. Keeping your diet varied and getting your carbs from different sources is important, as it ensures you get all other nutrients too.

Day 1

BREAKFAST

1 serving "Egg in a Hole" Peppers with Avocado Salsa

- 2 bell peppers, any color
- 1 avocado, diced
- ½ cup diced red onion
- 1 jalapeño pepper, minced
- ½ cup chopped fresh cilantro, plus more for garnish
- 2 tomatoes, seeded and diced
- Juice of 1 lime
- ¾ teaspoon salt, divided
- 2 teaspoons olive oil, divided
- 8 large eggs
- ¼ teaspoon ground pepper, divided

1. Slice tops and bottoms off bell peppers and finely dice. Remove and discard seeds and membranes. Slice each pepper into four ½-inch-thick rings.

2. Combine the diced pepper with avocado, onion, jalapeño, cilantro, tomatoes, lime juice, and ½ teaspoon salt in a medium bowl.

3. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 4 bell pepper rings, then crack 1 egg into the middle of each ring. Season with ⅛ teaspoon each salt and pepper. Cook until the whites are mostly set but the yolks are still runny, 2 to 3 minutes. Gently flip and cook 1 minute more for runny yolks, 1½ to 2 minutes more for firmer yolks. Transfer to serving plates and repeat with the remaining pepper rings and eggs.

4. Serve with the avocado salsa and garnish with additional cilantro, if desired.

SNACK

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup blueberries

LUNCH

1 serving White Bean & Veggie Salad

2 cups mixed salad greens
¾ cup veggies of your choice, such as chopped cucumbers and cherry tomatoes
⅓ cup canned white beans, rinsed and drained
½ avocado, diced
1 tablespoon red-wine vinegar
2 teaspoons extra-virgin olive oil
¼ teaspoon kosher salt
Freshly ground pepper to taste

Combine greens, veggies, beans and avocado in a medium bowl. Drizzle with vinegar and oil and season with salt and pepper. Toss to combine and transfer to a large plate.

SNACK

- ¼ cup dry-roasted unsalted almonds
- 1 medium orange

DINNER

1 serving Superfood Chopped Salad with Salmon & Creamy Garlic Dressing

1 pound salmon fillet
½ cup low-fat plain yogurt
¼ cup mayonnaise
2 tablespoons lemon juice
2 tablespoons grated Parmesan cheese
1 tablespoon finely chopped fresh parsley
1 tablespoon snipped fresh chives
2 teaspoons reduced-sodium tamari or soy sauce
1 medium clove garlic, minced
¼ teaspoon ground pepper
8 cups chopped curly kale
2 cups chopped broccoli
2 cups chopped red cabbage
2 cups finely diced carrots
½ cup sunflower seeds, toasted

1. Arrange rack in upper third of oven. Preheat broiler to high. Line a baking sheet with foil.

2. Place salmon on the prepared baking sheet, skin-side down. Broil, rotating the pan from front to back once, until the salmon is opaque in the center, 8 to 12 minutes. Cut into 4 portions.

3. Meanwhile, whisk yogurt, mayonnaise, lemon juice, Parmesan, parsley, chives, tamari (or soy sauce), garlic, pepper in small bowl.

4. Combine kale, broccoli, cabbage, carrots and sunflower seeds in a large bowl. Add ¾ cup of the dressing and toss to coat. Divide the salad among 4 dinner plates and top each with a piece of salmon and about 1 tablespoon of the remaining dressing.

DAILY TOTALS: **CAL** 1,510 **PROTEIN** 88G **CARBS** 100G **FIBER** 33G **FAT** 91G **SODIUM** 1,345MG

Day 2

BREAKFAST

1 serving Blueberry Almond Chia Pudding

½ cup unsweetened almond milk or other nondairy milk beverage
2 tablespoons chia seeds
2 teaspoons pure maple syrup
⅛ teaspoon almond extract
½ cup fresh blueberries, divided
1 tablespoon toasted slivered almonds, divided

1. Stir together almond milk (or other nondairy milk beverage), chia seeds, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days.

2. When ready to serve, stir the pudding well. Spoon about half the pudding into a serving glass (or bowl) and top with half the blueberries and almonds. Add the rest of the pudding and top with the remaining blueberries and almonds.

- 10 walnuts

SNACK

- 1 medium apple
- 1 tablespoon natural peanut butter

LUNCH

1 serving Spinach & Strawberry Salad

1 pound boneless, skinless chicken thighs
½ teaspoon kosher salt
½ teaspoon dried thyme
½ teaspoon ground pepper
8 cups baby spinach
2 cups sliced strawberries
¼ cup crumbled feta cheese (optional)
¼ cup chopped toasted walnuts
6 tablespoons balsamic vinaigrette

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment or foil.

2. Place chicken on the prepared baking sheet. Sprinkle all over with salt, thyme and pepper. Roast, flipping once, until the chicken is cooked through and reaches an internal temperature of 165 degrees F, 15 to 17 minutes. Set aside to cool, then slice into bite-size pieces.

3. Divide spinach among 4 single-serving lidded containers (2 cups each). Top each with one fourth of the sliced chicken, ½ cup sliced strawberries, 1 tablespoon feta (if using) and 1 tablespoon walnuts.

4. Seal the salad containers and refrigerate for up to 4 days.

5. Transfer 1½ tablespoons vinaigrette into each of 4 small lidded containers and refrigerate for up to 5 days.

6. Dress the salads with the vinaigrette just before serving.

SNACK

- ½ cup raspberries
- 12 dry-roasted unsalted almonds

DINNER

1 serving Grilled Peach & Brie Smothered Chicken

1 pound chicken cutlets
½ teaspoon ground pepper, divided
¼ teaspoon salt plus ⅛ teaspoon, divided
1 firm ripe peach, halved
4 ounces Brie cheese, sliced
3 tablespoons extra-virgin olive oil
2 tablespoons white balsamic vinegar
2 tablespoons fresh tarragon leaves, plus more for garnish
1 5-ounce package baby arugula

1. Preheat grill to medium-high.

2. Sprinkle chicken with ¼ teaspoon each pepper and salt.

3. Oil the grill rack. Grill peach halves, cut-side down, until lightly charred, 4 to 5 minutes. Transfer to a cutting board and slice. Grill the chicken until an instant-read thermometer inserted in the thickest part registers 160 degrees F, 3 to 5 minutes. Flip and top the chicken with the peach slices and cheese. Grill until an instant-read thermometer inserted in the thickest part registers 165 degrees F and the cheese is melted, 1 to 2 minutes more.

4. Whisk oil, vinegar, tarragon and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt in a large bowl. Add arugula and toss to coat. Serve the chicken on top of the arugula. Garnish with more tarragon, if desired.

1 serving Basic Quinoa

2 cups water or broth
1 cup quinoa

Combine water (or broth) and quinoa in a medium saucepan. Bring to a boil. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, 15 to 2 minutes. Fluff with a fork.

DAILY TOTALS: **CAL** 1,505 **PROTEIN** 80G **CARBS** 111G **FIBER** 31G **FAT** 86G **SODIUM** 1,159MG

Day 3

BREAKFAST

1 serving Blueberry Almond Chia Pudding (page 53)

- 10 walnuts

SNACK

- ½ cup raspberries
- 10 walnuts

LUNCH

1 serving Spinach & Strawberry Salad (page 54)

SNACK

- 1 large pear

DINNER

1 serving Grilled Flank Steak with Tomato Salad

1 pint grape tomatoes, halved
½ cup chopped fresh cilantro
⅓ cup extra-virgin olive oil
1 small jalapeño pepper, seeded and sliced
2 teaspoons finely chopped garlic
½ teaspoon salt, divided
1 (1 pound) flank steak
½ teaspoon ground pepper

1. Preheat grill to medium-high or heat a grill pan over medium-high heat.

2. Combine tomatoes, cilantro, oil, jalapeño, garlic and ¼ teaspoon salt in medium bowl; set aside.

3. Season steak with the remaining ¼ teaspoon salt and pepper. Grill until an instant-read thermometer inserted in the center reads 125 degrees F for medium-rare, 3 to 5 minutes per side.

4. Transfer steak to a clean cutting board, preferably one with grooves for collecting juices, and thinly slice across the grain. Divide slices among 4 plates. Drizzle any juices that have accumulated on cutting board over the steak and top with tomato salad.

- 1 serving Basic Quinoa (page 54)

DAILY TOTALS: **CAL** 1,478 **PROTEIN** 68G **CARBS** 115G **FIBER** 88G **FAT** 32G **SODIUM** 983MG

Day 4

BREAKFAST

1 serving Blueberry Almond Chia Pudding (page 53)

- 10 walnuts

SNACK

- ¼ cup dry-roasted unsalted almonds

LUNCH

1 serving Spinach & Strawberry Salad (page 54)

SNACK

- 1 large pear

DINNER

1 serving Chicken, Brussels Sprouts & Mushroom Salad

6 tablespoons olive oil
3 tablespoons red-wine vinegar
1½ tablespoons minced shallot
1 tablespoon Dijon mustard
2 teaspoons chopped fresh thyme
½ teaspoon ground pepper
12 ounces shredded cooked chicken
4 cups shaved fresh cremini mushrooms
4 cups shaved Brussels sprouts
4 cups packed baby arugula
1 cup thinly diagonally sliced celery
1 cup shaved Parmesan cheese

Whisk oil, vinegar, shallot, mustard, thyme and pepper in a large bowl. Add chicken, mushrooms, Brussels sprouts, arugula and celery; toss to coat. Sprinkle with Parmesan.

DAILY TOTALS: **CAL** 1,504 **PROTEIN** 67G **CARBS** 105G **FIBER** 32G **FAT** 97G **SODIUM** 1,154MG

Day 5

BREAKFAST

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup raspberries
- 2 tablespoons chopped walnuts

SNACK

- ⅔ cup blackberries

LUNCH

1 serving Spinach & Strawberry Salad (page 54)

SNACK

- ½ cup blueberries
- ¼ cup dry-roasted unsalted almonds

DINNER

1 serving Kale & Avocado Salad with Blueberries & Edamame

6 cups stemmed and coarsely chopped curly kale
1 avocado, diced
1 cup blueberries
1 cup halved yellow cherry tomatoes
1 cup cooked shelled edamame
¼ cup sliced almonds, toasted
½ cup crumbled goat cheese (2 ounces)
¼ cup olive oil
3 tablespoons lemon juice
1 tablespoon minced chives
1½ teaspoons honey
1 teaspoon Dijon mustard
1 teaspoon salt

1. Place kale in a large bowl and, using your hands, massage to soften the leaves. Add avocado, blueberries, tomatoes, edamame, almonds, and goat cheese.

2. Combine oil, lemon juice, chives, honey, mustard, and salt in a small bowl or in a jar with a tight-fitting lid. Whisk or shake well.

3. Drizzle the vinaigrette over the salad and toss to combine.

Avocado Toast with Everything Bagel Seasoning

¼ medium avocado, mashed
1 slice whole-grain bread, toasted
2 teaspoons everything bagel seasoning
Pinch of flaky sea salt (such as Maldon)

Spread avocado on toast. Top with seasoning and salt.

DAILY TOTALS: **CAL** 1,481 **PROTEIN** 76G **CARBS** 95G **FIBER** 32G **FAT** 96G **SODIUM** 1,534MG

Day 6

BREAKFAST

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup raspberries
- 2 tablespoons chopped walnuts

SNACK

- 1 large pear
- 10 dried walnut halves

LUNCH

1 serving Vegetarian Niçoise Salad

3 cups spring mix salad greens
2 tablespoons lemon vinaigrette, divided
¼ cup steamed green beans
¼ cup diced cooked baby potatoes
¼ cup grape tomatoes, halved
1 large hard-boiled egg, sliced
½ ounce pitted Kalamata olives
2 tablespoons crumbled reduced-fat feta cheese (½ ounce)

1. Toss salad greens with 1 tablespoon plus 1 teaspoon vinaigrette and place on a 9-inch plate.

2. Gently toss green beans and potatoes with remaining 2 teaspoons vinaigrette; arrange on top of salad greens. Top with tomatoes, egg, olives and feta and serve.

SNACK

- 1 cup blackberries

DINNER

1 serving Spiced Grilled Chicken with Cauliflower Rice

5 tablespoons extra-virgin olive oil, divided
2½ teaspoons ground cumin, divided
1½ teaspoons dried marjoram
¾ teaspoon salt, divided
¼ teaspoon ground allspice
¼ teaspoon cayenne pepper
1 pound boneless, skinless chicken breast, trimmed
¼ cup lemon juice
2 cups riced cauliflower (Ricing instructions are in Black Bean Cauliflower Rice Bowl recipe, page 61)
2 cups flat-leaf parsley leaves
1 cup diced cucumber
1 cup halved cherry tomatoes
¼ cup sliced scallions

1. Preheat grill to medium-high.

2. Mix 2 tablespoons oil, 2 teaspoons cumin, marjoram, ½ teaspoon salt, allspice and cayenne in a small bowl. Brush on chicken.

3. Grill the chicken, turning occasionally, until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 10 to 12 minutes.

4. Meanwhile, whisk lemon juice with the remaining 3 tablespoons oil, ½ teaspoon cumin and ¼ teaspoon salt in a large bowl. Add riced cauliflower, parsley, cucumber, tomatoes and scallions; toss to coat.

5. Transfer the chicken to a clean cutting board and let rest for 5 minutes. Thinly slice the chicken and serve over the cauliflower rice.

DAILY TOTALS: **CAL** 1,508 **PROTEIN** 74G **CARBS** 108G **FIBER** 32G **FAT** 92G **SODIUM** 1,553MG

IF YOU BUY FROZEN CAULIFLOWER FOR RICE, FIRST COOK ACCORDING TO PACKAGE DIRECTIONS, THEN LET COOL AND PAT DRY BEFORE USING.

Day 7

BREAKFAST

1 serving "Egg in a Hole" Peppers with Avocado Salsa (page 52)

SNACK

- 1 cup low-fat plain Greek yogurt
- ¼ cup blueberries

LUNCH

1 serving Vegetarian Niçoise Salad (page 56)

SNACK

- ⅓ cup raspberries
- ¼ cup dry-roasted unsalted almonds

DINNER

1 serving Herby Fish with Wilted Greens & Mushrooms

- 3 tablespoons olive oil, divided
- ½ large sweet onion, sliced
- 3 cups sliced cremini mushrooms
- 2 cloves garlic, sliced
- 4 cups chopped kale
- 1 medium tomato, diced
- 2 teaspoons Herb Mix, divided
- 1 tablespoon lemon juice
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 4 (4 ounce) cod, sole, or tilapia fillets
- Chopped fresh parsley, for garnish

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion; cook, stirring occasionally, until translucent, 3 to 4 minutes. Add mushrooms and garlic; cook, stirring occasionally, until mushrooms release their liquid and begin to brown, 4 to 6 minutes. Add kale, tomato, and 1 teaspoon herb mix. Cook, stirring occasionally, until kale is wilted and mushrooms are tender, 5 to 7 minutes. Stir in lemon juice and ¼ teaspoon each salt and pepper. Remove from heat, cover, and keep warm.

2. Sprinkle fish with remaining 1 teaspoon herb mix and ¼ teaspoon each salt and pepper. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add fish and cook until the flesh is opaque, 2 to 4 minutes per side, depending on thickness. Transfer the fish to 4 plates or a serving platter. Top and surround the fish with the vegetables; sprinkle with parsley, if desired.

Herb Mix

- 2 tablespoons dried oregano
- 2 tablespoons dried rosemary
- 2 tablespoons dried thyme
- 1 tablespoon dried mint
- 1 tablespoon dried sage

1 serving Guacamole Chopped Salad

- 2 tablespoons corn oil or avocado oil
- 2 tablespoons lime juice
- 1 clove garlic, grated
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups chopped romaine lettuce
- 2 ripe avocados, diced
- 1 cup grape tomatoes, quartered
- ¼ cup slivered red onion
- 1 tablespoon chopped pickled jalapeño pepper

Whisk oil, lime juice, garlic, salt and pepper in a large bowl. Add romaine, avocado, tomatoes, onion and jalapeño; toss gently to coat.

DAILY TOTALS: **CAL** 1,525 **PROTEIN** 79G **CARBS** 88G **FIBER** 30G **FAT** 100G **SODIUM** 2,102MG

Week 2
How to Meal-Prep Your Next Week of Meals:
Prepare Easy Loaded Baked Omelet Muffins to have for breakfast on days 9 through 12. Freeze remaining servings to have for breakfast later in the week. Make Cauliflower Rice Bowls with Asparagus & Chicken Sausage to have for lunch on days 9 through 12.

Day 8

BREAKFAST

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup raspberries
- 2 tablespoons chopped walnuts

SNACK

- 1 large pear

LUNCH

1 serving Big Beautiful Summer Salad

- 3 small golden beets (10 ounces total), peeled and trimmed
- 2 small ripe avocados (6 ounces each)
- 1 cup chopped fresh herbs (such as tarragon, dill, parsley, chives and/or cilantro)
- ½ cup plus 2 tablespoons low-fat buttermilk

- 2 tablespoons water
- 1 small garlic clove
- 2 tablespoons plus 4 teaspoons fresh lemon juice, divided
- ¾ teaspoon salt, divided
- 8 cups chopped romaine lettuce
- 1 15.5-ounce can no-salt-added chickpeas, drained and rinsed
- 1 cup lightly packed microgreens (such as pea shoots)
- 1 cup fresh corn kernels (from 2 ears)
- 1 cup frozen edamame, thawed
- 1 small watermelon radish, halved and thinly sliced on a mandoline (about ¼ cup)
- 2 tablespoons extra-virgin olive oil

1. Wrap beets together in 1 sheet of microwavable parchment paper. Microwave on High until tender, 10 to 12 minutes. Let cool for 5 minutes. Cut each beet into 8 wedges.

2. Meanwhile, cut 1 avocado into 12 wedges. Chop the remaining avocado.

3. Combine herbs, buttermilk, water, garlic, 2 tablespoons plus 2 teaspoons lemon juice and ¼ teaspoon salt in a blender. Puree until smooth, about 10 seconds, stopping to scrape down sides as needed. Add the chopped avocado; process on medium speed until blended and smooth, about 30 seconds, stopping to scrape down sides as needed.

4. Arrange romaine on a large platter. Top with chickpeas, microgreens, corn, edamame, radish slices, beet wedges and avocado wedges. Drizzle with oil and the remaining 2 teaspoons lemon juice; sprinkle with the remaining ½ teaspoon salt. Spoon the buttermilk dressing over the salad.

SNACK

- 1 cup blackberries
- ⅓ cup dry-roasted unsalted almonds

DINNER

1 serving Easy Salmon Cakes with Arugula Salad

- 1 pound salmon, skinned
- 2 tablespoons lemon juice, divided
- 2 teaspoons Dijon mustard, divided
- ½ cup finely chopped yellow bell pepper
- 1 tablespoon finely chopped shallot
- ½ teaspoon ground pepper, divided
- ½ cup panko breadcrumbs
- ½ cup crème fraîche or sour cream
- ¼ cup buttermilk
- 3 tablespoons chopped fresh dill
- ½ teaspoon salt, divided
- 2 tablespoons extra-virgin olive oil
- 1 (5 ounce) package arugula
- 1 cup sliced radishes

1. Coarsely chop salmon and place half in a food processor. Add 1 tablespoon lemon juice and 1 teaspoon mustard. Process, scraping down the sides as necessary, until smooth. Add remaining salmon, bell pepper, shallot and ¼ teaspoon pepper and pulse until mixture is combined but still chunky.

2. Transfer the salmon mixture to a medium bowl. Add breadcrumbs and stir until combined. Form the salmon into 4 patties, about 4 inches wide each, and place on a plate. Freeze for 5 minutes.

3. Meanwhile, whisk crème fraîche (or sour cream), buttermilk, dill and ¼ teaspoon salt with the remaining 1 tablespoon lemon juice, 1 teaspoon mustard and ¼ teaspoon pepper in a large bowl. Set aside ¼ cup of the dressing for drizzling.

4. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add the salmon cakes and cook, flipping once, until well browned and cooked through, 2 to 3 minutes per side. Transfer to a clean plate and sprinkle with the remaining ¼ teaspoon salt.

5. Add arugula and radishes to dressing in large bowl. Toss to coat. Serve salmon cakes on top of salad, drizzled with reserved ¼ cup dressing.

DAILY TOTALS: **CAL** 1,439 **PROTEIN** 69G **CARBS** 123G **FIBER** 36G **FAT** 74G **SODIUM** 1,170MG

Day 9

BREAKFAST

1 serving Easy Loaded Baked Omelet Muffins

- 3 slices bacon, chopped
- 2 cups finely chopped broccoli
- 4 scallions, sliced
- 8 large eggs
- 1 cup shredded Cheddar cheese
- ½ cup low-fat milk
- ½ teaspoon salt
- ½ teaspoon ground pepper

1. Preheat oven to 325 degrees F. Coat a 12-cup muffin tin with cooking spray.

2. Cook bacon in a large skillet over medium heat until crisp, 4 to 5 minutes. Remove with a slotted spoon to a paper-towel-lined plate, leaving the bacon fat in the pan. Add broccoli and scallions and cook, stirring, until soft, about 5 minutes. Remove from heat and let cool for 5 minutes.

3. Meanwhile, whisk eggs, cheese, milk, salt and pepper in a large bowl. Stir in the bacon and broccoli mixture. Divide the egg mixture among the prepared muffin cups.

4. Bake until firm to the touch, 25 to 30 minutes. Let stand for 5 minutes before removing from the muffin tin.

- 1 medium peach

SNACK

- ⅓ cup dry-roasted unsalted almonds
- ½ cup raspberries

LUNCH

1 serving Cauliflower Rice Bowls with Asparagus & Chicken Sausage

- 2 teaspoons extra-virgin olive oil
- 4 links fully cooked sweet Italian chicken sausage, sliced
- 1 12-ounce package frozen riced cauliflower (Ricing instructions are in Black Bean Cauliflower Rice Bowl recipe, page 61)
- 1 12-ounce package frozen grilled asparagus spears
- 6 tablespoons pesto

1. Heat oil in a nonstick skillet over medium heat. Add sausage and cook, stirring often, until heated through and browned on both sides, about 5 minutes.

2. Prepare cauliflower and asparagus according to package directions (about 3 to 4 minutes each in the microwave). Set aside to cool slightly before assembling bowls.

3. Divide pesto among 4 small lidded containers and refrigerate.

4. Divide the cauliflower among 4 single-serving lidded containers. Top each with one fourth of the asparagus and one fourth of the sausage. Refrigerate for up to 4 days. To reheat, vent the lid and microwave on High until steaming, 2½ to 3 minutes. Top with pesto before serving.

- 1 medium orange

SNACK

- ½ cup blueberries

DINNER

1 serving Grilled Tofu with Red Pepper & Broccolini

- 2 tablespoons extra-virgin olive oil
- 2 teaspoons chili powder
- 1 teaspoon garam masala
- ½ teaspoon ground turmeric
- 1 clove garlic, grated
- 1 teaspoon grated peeled fresh ginger
- ¾ cup whole-milk plain yogurt
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper
- 2 tablespoons lime juice, plus lime wedges for garnish
- 1 bunch broccolini, trimmed
- 1 medium red bell pepper, thickly sliced
- 1 14- to 16-ounce package water-packed extra-firm tofu, cut into 4 slices and patted dry
- Fresh cilantro for garnish

1. Preheat grill to medium-high.

2. Heat oil in a small skillet over medium heat. Add chili powder, garam masala, turmeric, garlic and ginger; cook, stirring frequently, until fragrant, about 1 minute. Transfer to a medium bowl and stir in yogurt, ¼ teaspoon salt and pepper. Transfer ¼ cup to a small bowl and stir in lime juice and the remaining ¼ teaspoon salt. Set aside.

3. Add broccolini and bell pepper to the medium bowl and toss to coat. Transfer to a plate. Add tofu to the medium bowl and gently toss to coat.

4. Oil the grill rack. Grill the tofu, broccolini and bell pepper, flipping once halfway through, until slightly charred, 6 to 10 minutes. Drizzle with the reserved sauce and serve with cilantro and lime wedges, if desired. Serve with ½ cup cooked brown rice.

1 serving Pineapple & Avocado Salad

- ¼ cup thinly sliced red onion, separated into rings
- Ice water
- 2 firm ripe avocados
- 1 medium fresh pineapple
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lime juice
- ½ teaspoon kosher salt
- Freshly ground pepper to taste (optional)

1. Soak onion in a small bowl of ice water for 15 minutes to mellow the bite.

2. Meanwhile, halve avocados and cut each half into slices. Peel pineapple, halve lengthwise into quarters, remove the core and cut each quarter crosswise into slices.

3. Whisk oil and lime juice in a small bowl. Drain the onion and pat dry. Arrange half the avocado, pineapple and onion on a serving plate, sprinkle with ¼ teaspoon salt and drizzle with half the dressing; repeat the layers. Garnish with pepper, if desired.

DAILY TOTALS: **CAL** 1,502 **PROTEIN** 68G **CARBS** 126G **FIBER** 30G **FAT** 87G **SODIUM** 1,669MG

Day 10

BREAKFAST

1 serving Easy Loaded Baked Omelet Muffins (page 60)

- 1 medium peach

SNACK

- 1 medium apple

LUNCH

1 serving Cauliflower Rice Bowls with Asparagus & Chicken Sausage (page 60)

- 1 medium orange

SNACK

- ⅓ cup dry-roasted unsalted almonds

DINNER

1 serving Black Bean Cauliflower Rice Bowl

1 medium sweet potato, peeled if desired
2 teaspoons extra-virgin olive oil plus 2 tablespoons, divided
2 pinches salt plus ½ teaspoon, divided
½ teaspoon ground pepper, divided
¼ cup orange juice
2 tablespoons lime juice
½ cup chopped fresh cilantro, divided
3 cloves garlic, minced, divided
½ teaspoon ground cumin
½ teaspoon dried oregano
5 cups cauliflower florets
1 15-ounce can black beans, rinsed
1 firm ripe avocado, sliced
½ cup pico de gallo

1. Preheat oven to 400 degrees F.

2. Toss sweet potato in a medium bowl with 2 teaspoons oil, a pinch of salt and ¼ teaspoon pepper. Transfer to a baking sheet. Roast until tender, 10 to 14 minutes

3. Meanwhile, combine orange juice, lime juice, ¼ cup cilantro, 1 minced garlic clove, cumin,

oregano and a pinch of salt in a small bowl.

4. Pulse cauliflower florets in two batches in a food processor until chopped into rice-size pieces. Heat the remaining 2 tablespoons oil in a large skillet over medium heat. Add remaining 2 garlic cloves and cook until fragrant, about 30 seconds. Add the cauliflower rice, remaining ½ teaspoon salt and ¼ teaspoon pepper; cook, stirring, until softened, 3 to 5 minutes. Remove from heat and stir in remaining ¼ cup cilantro.

5. To serve, divide the cauliflower among 4 bowls. Top with the sweet potato, black beans, avocado and pico de gallo. Drizzle each portion with the sauce.

2 cups mixed greens
1 serving Citrus Vinaigrette

- ½ small shallot, quartered
- 1 teaspoon orange zest
- ¼ cup orange juice, preferably freshly squeezed
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- ¼ cup canola oil or avocado oil

Combine shallot, orange zest, orange juice, lemon juice, mustard, salt and pepper in a blender or mini food processor. (Alternatively, combine in a jar and use an immersion blender.) Add olive oil and canola (or avocado) oil; blend until smooth. Makes 8 servings, 2 tablespoons each.

DAILY TOTALS: **CAL** 1,482 **PROTEIN** 61G **CARBS** 120G **FIBER** 34G **FAT** 91G **SODIUM** 2,044MG

Day 11

BREAKFAST

1 serving Easy Loaded Baked Omelet Muffins (page 60)

- 1 medium peach

SNACK

- 1 large pear

LUNCH

1 serving Cauliflower Rice Bowls with Asparagus & Chicken Sausage (page 60)

- 1 medium orange

SNACK

- 1 cup blackberries
- 1 cup low-fat plain Greek yogurt
- 1 tablespoon chopped walnuts

DINNER

1 serving Chicken Cutlets & Zucchini Noodles with Creamy Tomato Sauce

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- ½ cup finely chopped red onion
- ½ cup dry white wine
- ½ cup heavy cream
- 1 medium plum tomato, chopped
- 2 10-ounce packages zucchini noodles

1. Sprinkle chicken with ⅛ teaspoon each salt and pepper. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until browned and cooked through, about 6 minutes. Transfer to a plate.

2. Add onion to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid is mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining ⅛ teaspoon each salt and pepper; simmer for 2 minutes. Stir in tomatoes, then return the chicken to the pan. Turn to coat. Divide the chicken and sauce between 4 plates.

3. Add zucchini noodles to the skillet over medium-high heat. Cook, stirring, until softened and heated through, 2 to 3 minutes. Serve with the chicken.

2 cups mixed greens
1 serving Citrus Vinaigrette

DAILY TOTALS: **CAL** 1,508 **PROTEIN** 96G **CARBS** 113G **FIBER** 30G **FAT** 76G **SODIUM** 1,698MG

Day 12

BREAKFAST

1 serving Easy Loaded Baked Omelet Muffins (page 60)

- 1 medium peach

SNACK

- 1 cup raspberries

LUNCH

1 serving Cauliflower Rice Bowls with Asparagus & Chicken Sausage (page 60)

- 1 medium orange

SNACK

- 1 medium apple
- 2 tablespoons natural peanut butter

DINNER

1 serving Peanut Zucchini Noodle Salad with Chicken

¾ cup creamy natural peanut butter
¾ cup hot water
¼ cup lime juice
2 tablespoons light brown sugar
2 tablespoons reduced-sodium tamari or soy sauce
1½ tablespoons fish sauce
1 teaspoon hot sauce, such as sriracha
1 teaspoon grated garlic
4 cups spiralized zucchini (1 large)
3 cups spiralized red cabbage (about ½ small head)
1 cup spiralized carrot (1 large)
½ cup chopped fresh cilantro
2 cups shredded rotisserie chicken (8 ounces)
¼ cup chopped unsalted roasted peanuts

1. Combine peanut butter, water, lime juice, brown sugar, tamari (or soy sauce), fish sauce, hot sauce and garlic in a blender. Pulse until smooth.

2. Combine zucchini, cabbage, carrot and cilantro in a large bowl. Add 1 cup of the dressing (reserve the rest for another use) and toss to coat. Top the salad with chicken and peanuts. Serve immediately.

2 cups mixed greens
1 serving Citrus Vinaigrette (page 62)

DAILY TOTALS: **CAL** 1,486 **PROTEIN** 75G **CARBS** 111G **FIBER** 31G **FAT** 84G **SODIUM** 2,261MG

Day 13

BREAKFAST

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup raspberries
- 2 tablespoons chopped walnuts

SNACK

- 1 large pear

LUNCH

Vegetarian Lettuce Wraps

3 tablespoons rice vinegar
2 tablespoons hoisin sauce
2 tablespoons reduced-sodium soy sauce
1 teaspoon sesame oil
¼ teaspoon crushed red pepper

- 1 14-ounce package extra-firm tofu
- 1 tablespoon canola oil
- 8 ounces white mushrooms, finely chopped
- 1 cup finely chopped daikon radish
- 3 large cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 4 scallions, sliced
- 8 large leaves Bibb or iceberg lettuce
- ¼ cup julienned carrots

1. Combine vinegar, hoisin, soy sauce, sesame oil and crushed red pepper in a small bowl; set aside.

2. Cut tofu in half horizontally. Press the tofu slices between paper towels to squeeze out as much liquid as possible. Crumble the tofu. Heat canola oil in a large nonstick skillet over medium-high heat. Add the crumbled tofu; cook, stirring and breaking into smaller pieces, until starting to brown, about 5 minutes. Add mushrooms; continue cooking and stirring until any liquid has evaporated, about 3 minutes. Stir in daikon, garlic, ginger and scallions. Add the reserved sauce; cook, stirring, until well combined and heated through, about 2 minutes.

3. Spoon a scant ½ cup tofu mixture into each lettuce leaf. Top with carrots, if desired.

- 1 cup blackberries

SNACK

- ⅓ cup dry-roasted unsalted almonds
- ½ cup blueberries

DINNER

1 serving Baked Lemon-Pepper Chicken

- 4 6-ounce boneless, skinless chicken breasts
- ½ teaspoon salt, plus ⅛ teaspoon, divided
- 1 tablespoon extra-virgin olive oil
- 1 medium lemon, thinly sliced
- 2 tablespoons lemon juice
- 1 tablespoon pure maple syrup
- 2 tablespoons unsalted butter, cut into pieces
- 1 teaspoon cracked pepper

1. Preheat oven to 425 degrees F.

2. Sprinkle chicken evenly with ½ teaspoon salt. Heat oil in a large ovenproof skillet over medium-high heat. Add the chicken; cook, undisturbed, until the underside is golden brown, about 4 minutes. Flip the chicken; arrange the lemon slices around chicken in the pan.

3. Transfer the skillet to the oven; bake until an instant-read thermometer inserted into the thickest portion of meat registers 165 degrees F, about 10 minutes.

4. Transfer the chicken to a platter. Add lemon juice and maple syrup to the pan. Add butter, 1 piece at a time, stirring until it melts into the sauce. Stir in pepper and the remaining ⅛ teaspoon salt. Drizzle the sauce over the chicken.

1 serving Greek Salad

- 1 clove garlic, peeled and coarsely chopped
- ½ teaspoon salt
- 3 tablespoons tomato juice
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1½ teaspoons dried oregano, crushed
- ¼ teaspoon freshly ground pepper
- 1 medium head romaine, torn into bite-size pieces (6 cups)
- 1 cucumber, halved lengthwise and sliced
- 12 cherry tomatoes, sliced and quartered, or 2 larger tomatoes, cored and diced
- ½ small red onion, thinly sliced
- 8 Kalamata olives, pitted and sliced
- ¼ cup crumbled feta cheese, (1 ounce)

1. Spread garlic on a cutting board. Sprinkle with salt and mash with the side of the knife blade. Place the garlic mixture in a small bowl; whisk in tomato juice, lemon juice, oil, oregano and pepper.

2. Toss romaine, cucumbers, tomatoes and onion with the dressing. Scatter olives and feta over the top and serve.

DAILY TOTALS: **CAL** 1,355 **PROTEIN** 89G **CARBS** 111G **FIBER** 31G **FAT** 70G **SODIUM** 1,475MG

Day 14

BREAKFAST

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup raspberries
- 2 tablespoons chopped walnuts

SNACK

- 1 medium apple

LUNCH

1 serving Vegetarian Lettuce Wraps (page 63)

- 1 cup blackberries

SNACK

- 1 cup blueberries
- ⅓ cup dry-roasted unsalted almonds

DINNER

1 serving Chopped Salad with Shrimp, Apples & Pecans

5 tablespoons reduced-fat sour cream or strained yogurt, such as Greek-style
3 tablespoons extra-virgin olive oil
3 tablespoons cider vinegar
¼ cup chopped fresh cilantro
1 tablespoon finely chopped shallot
1 clove garlic, minced
¾ teaspoon dry mustard
¼ teaspoon salt
¼ teaspoon ground pepper
5 cups chopped romaine lettuce
1 pound cooked shrimp, chopped
1 medium red apple, chopped
1 cup chopped radicchio
1 cup chopped celery
½ cup toasted chopped pecans
½ cup shredded carrots

Whisk sour cream (or yogurt), oil, vinegar, cilantro, shallot, garlic, mustard, salt and pepper in a large bowl. Add romaine, shrimp, apple, radicchio, celery, pecans and carrots; toss to coat.

1 serving Avocado Toast with Everything Bagel Seasoning

DAILY TOTALS: **CAL** 1,369 **PROTEIN** 69G **CARBS** 123G **FIBER** 34G **FAT** 76G **SODIUM** 989MG

Week 3
How to Meal-Prep Your Next Week of Meals:

Prepare Brussels Sprouts Salad with Crunchy Chickpeas to have for lunch on days 16 through 19.

Day 15

BREAKFAST

1 serving Spinach & Egg Scramble with Raspberries

- 1 teaspoon canola oil
- 1½ cups baby spinach (1½ ounces)
- 2 large eggs, lightly beaten
- Pinch of kosher salt
- Pinch of ground pepper

Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes. Transfer the spinach to a plate. Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure even cooking, until just set, 1 to 2 minutes. Stir in the spinach, salt and pepper. Serve scramble with 1 slice toasted whole-grain bread and ½ cup fresh raspberries.

SNACK

- ¼ cup walnuts
- 1 large pear

LUNCH

1 serving White Bean & Veggie Salad (page 53)

SNACK

- ¼ cup walnuts

DINNER

1 serving Roasted Salmon & Tomatoes with Garlic & Olives

- 1 pint cherry tomatoes, halved
- ¼ cup Kalamata olives, quartered
- 2 tablespoons extra-virgin olive oil, divided
- 4 teaspoons minced garlic
- 1 tablespoon chopped fresh thyme
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1¼ pounds salmon fillet, cut into 4 portions

1. Preheat oven to 400 degrees F.

2. Stir tomatoes, olives, 1 tablespoon oil, garlic, thyme, ¼ teaspoon salt and ¼ teaspoon pepper together in a medium bowl. Spread the mixture on half of a large rimmed sheet pan. Brush the remaining 1 tablespoon oil all over the salmon pieces; sprinkle with the remaining ¼ teaspoon each salt and pepper. Place on the empty side of the sheet pan. Bake until the tomatoes have broken down and the salmon is just cooked through, 12 to 15 minutes. Serve the tomato mixture atop the salmon.

- ½ cup cooked brown rice

DAILY TOTALS: **CAL** 1,514 **PROTEIN** 68G **CARBS** 123G **FIBER** 33G **FAT** 89G **SODIUM** 1,268MG

Day 16

BREAKFAST

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup raspberries
- 2 tablespoons chopped walnuts

SNACK

- 8 walnuts
- 1 large pear

LUNCH

1 serving Brussels Sprouts Salad with Crunchy Chickpeas

- 1 9- to 10-ounce package shredded or shaved Brussels sprouts
- 4 cups chopped kale
- ½ cup Tahini Sauce with Lemon & Garlic
- 1 cup roasted chickpea snacks with sea salt
- 1 medium avocado, pitted and quartered

1. Divide Brussels sprouts and kale among 4 single-serving lidded containers. (You'll have about 3½ cups of greens in each container.) Seal and refrigerate for up to 4 days.

2. Transfer 2 tablespoons tahini sauce into each of 4 small lidded containers; refrigerate for up to 4 days.

3. Just before serving each salad, drizzle with 1 portion of tahini sauce and toss well to coat. Top with ¼ cup roasted chickpeas and ¼ avocado.

Tahini Sauce with Lemon & Garlic

- 3 tablespoons tahini
- 3 tablespoons warm water
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 small clove garlic, grated
- ¼ teaspoon salt

SNACK

- ¼ cup dry-roasted unsalted almonds
- ½ cup blueberries

DINNER

1 serving Cauliflower Rice Bowls with Grilled Chicken

- 6 tablespoons plus 1 teaspoon extra-virgin olive oil, divided

- 4 cups cauliflower rice (Ricing instructions are in Black Bean Cauliflower Rice Bowl recipe, page 61)
- ⅓ cup chopped red onion
- ¾ teaspoon salt, divided
- ½ cup chopped fresh dill, divided
- 1 pound boneless, skinless chicken breasts, trimmed
- ½ teaspoon ground pepper, divided
- 3 tablespoons lemon juice
- 1 teaspoon dried oregano
- 1 cup halved cherry tomatoes
- 1 cup chopped cucumber
- 2 tablespoons chopped Kalamata olives
- 2 tablespoons crumbled feta cheese
- Lemon wedges for serving

1. Preheat grill to medium.

2. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add cauliflower rice, onion and ¼ teaspoon salt. Cook, stirring occasionally, until the cauliflower is softened, about 5 minutes. Remove from heat and stir in ¼ cup dill.

3. Meanwhile, rub 1 teaspoon oil all over chicken. Sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Grill, turning once, until an instant-read thermometer inserted into the thickest part of the breast reads 165 degrees F, about 15 minutes.

4. Meanwhile, whisk the remaining 4 tablespoons oil, lemon juice, oregano and the remaining ¼ teaspoon each salt and pepper in a small bowl.

5. Divide the cauliflower rice between 4 bowls. Top with the chicken, tomatoes, cucumber, olives and feta. Sprinkle with remaining ¼ cup dill. Drizzle with the vinaigrette. Serve with lemon wedges, if desired.

DAILY TOTALS: **CAL** 1,509 **PROTEIN** 77G **CARBS** 110G **FIBER** 33G **FAT** 91G **SODIUM** 1,185MG

Day 17

BREAKFAST

1 serving Easy Loaded Baked Omelet Muffins (page 60)

- 1 medium peach

SNACK

- 1 large pear

LUNCH

1 serving Brussels Sprouts Salad with Crunchy Chickpeas (page 66)

SNACK

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ⅓ cup raspberries
- 3 tablespoons chopped walnuts

DINNER

1 serving Chicken Cutlets with Sun-Dried Tomato Cream Sauce

1 pound chicken cutlets
¼ teaspoon salt, divided
¼ teaspoon ground pepper, divided
½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
½ cup finely chopped shallots
½ cup dry white wine
½ cup heavy cream
2 tablespoons chopped fresh parsley

1. Sprinkle chicken with ⅛ teaspoon each salt and pepper.

2. Heat sun-dried tomato oil in a large skillet over medium heat. Add chicken and cook, turning once, until browned and an instant-read thermometer inserted into thickest part registers 165 degrees F, about 6 minutes total. Transfer to a plate.

3. Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute.

4. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes.

5. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining ⅛ teaspoon each salt and pepper; simmer for 2 minutes.

6. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.

- 1 serving Basic Quinoa (page 54)

DAILY TOTALS: **CAL** 1,496 **PROTEIN** 85G **CARBS** 128G **FIBER** 30G **FAT** 75G **SODIUM** 1,185MG

Day 18

BREAKFAST

1 serving Easy Loaded Baked Omelet Muffins

- 1 medium peach

SNACK

- 1 medium apple
- 2 Tbsp. natural peanut butter

LUNCH

1 serving Brussels Sprouts Salad with Crunchy Chickpeas (page 66)

SNACK

- ¾ cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup blueberries

DINNER

1 serving Greek Salad with Edamame

¼ cup red-wine vinegar
3 tablespoons extra-virgin olive oil
¼ teaspoon salt
¼ teaspoon ground pepper
8 cups chopped romaine (about 2 romaine hearts)
16 ounces frozen shelled edamame (about 3 cups), thawed
1 cup halved cherry or grape tomatoes
½ European cucumber, sliced
½ cup crumbled feta cheese
¼ cup slivered fresh basil
¼ cup sliced Kalamata olives
¼ cup slivered red onion

Whisk vinegar, oil, salt and pepper in a large bowl. Add romaine, edamame, tomatoes, cucumber, feta, basil, olives and onion; toss to coat. Serve with 1-ounce slice whole-wheat baguette.

DAILY TOTALS: **CAL** 1,495 **PROTEIN** 74G **CARBS** 133G **FIBER** 33G **FAT** 79G **SODIUM** 1,718MG

Day 19

BREAKFAST

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup raspberries
- 2 tablespoons chopped walnuts

SNACK

- ¼ cup dry-roasted unsalted almonds
- 1 clementine

LUNCH

1 serving Brussels Sprouts Salad with Crunchy Chickpeas (page 66)

SNACK

- 1 medium apple
- 10 walnuts

DINNER

1 serving Tofu & Vegetable Curry with Zucchini Noodles

2 tablespoons toasted sesame oil
1 14-ounce package extra-firm tofu, cut into ½-inch pieces
1 14-ounce can coconut milk
2 tablespoons red curry paste
1 tablespoon lime juice
2 medium cloves garlic, grated
½ teaspoon salt
1 tablespoon avocado oil
1 8-ounce package sliced mushrooms
1 bunch scallions, cut into 1-inch pieces
6 cups chopped kale
2 10-ounce packages zucchini noodles

1. Heat sesame oil in a large nonstick skillet over medium-high heat. Pat tofu dry and add to pan. Cook in a single layer, without stirring, until the pieces turn golden, about 4 minutes. Gently stir and continue cooking, stirring occasionally, until golden all over, 4 minutes more. Transfer to a plate.

2. Meanwhile, whisk coconut milk, curry paste, lime juice, garlic and salt in a small bowl.

3. Add avocado oil, mushrooms and scallions to the pan. Cook, stirring, until the mushrooms have released their liquid and started to brown, about 5 minutes. Add kale, the sauce mixture and the tofu and cook, stirring, until the kale is wilted, the sauce has thickened and the tofu is heated through, about 2 minutes. Transfer to a bowl.

4. Add zucchini noodles to the pan and cook, stirring, until heated through, about 1 minute. Serve the curry over the noodles.

DAILY TOTALS: **CAL** 1,508 **PROTEIN** 64G **CARBS** 107G **FIBER** 32G **FAT** 102G **SODIUM** 965MG

Day 20

BREAKFAST

- 1 cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup raspberries
- 2 tablespoons chopped walnuts

SNACK

- ⅓ cup dry-roasted unsalted almonds
- ½ cup blueberries

LUNCH

1 serving Salmon-Stuffed Avocados

½ cup nonfat plain strained yogurt, such as Greek-style
½ cup diced celery
2 tablespoons chopped fresh parsley
1 tablespoon lime juice
2 teaspoons mayonnaise
1 teaspoon Dijon mustard
⅛ teaspoon salt
⅛ teaspoon ground pepper
2 5-ounce cans salmon, drained, flaked, skin and bones removed
2 ripe avocados
Chopped chives for garnish

1. Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well. Add salmon and mix well.

2. Halve avocados lengthwise and remove pits. Scoop about 1 tablespoon flesh from each avocado half into a small bowl. Mash the scooped-out avocado flesh with a fork and stir into the salmon mixture.

3. Fill each avocado half with about ¼ cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives, if desired.

- 1 medium orange

SNACK

- 1 large pear

DINNER

1 serving Grilled Chicken with Red Pepper-Pecan Romesco Sauce

2 medium red bell peppers
1 medium tomato
1 pound chicken cutlets
¾ teaspoon salt, divided
½ teaspoon ground pepper, divided
½ cup chopped pecans, toasted
1 clove garlic
2 tablespoons extra-virgin olive oil
1 tablespoon red-wine vinegar
¼ teaspoon crushed red pepper
Chopped scallions for garnish

1. Preheat grill to medium-high. Grill bell peppers and tomato, turning occasionally, until blistered all over and charred in spots, 12 to 15 minutes. Transfer to a plate and let rest until cool enough to handle, about 5 minutes.

2. Meanwhile, sprinkle chicken with ¼ teaspoon each salt and pepper. Grill the chicken, flipping occasionally, until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 6 to 8 minutes total. Transfer to a plate, tent with foil and let rest for 10 minutes.

3. Remove and discard skin and seeds from the peppers and tomato. Place the peppers and tomato in a blender and add pecans, garlic, oil, vinegar, crushed red pepper and the remaining ½ teaspoon salt and ¼ teaspoon pepper. Puree on high until well combined, about 1 minute. Serve the chicken with the sauce and topped with scallions, if desired. Serve with ½ cup cooked brown rice.

DAILY TOTALS: **CAL** 1,510 **PROTEIN** 88G **CARBS** 129G **FIBER** 32G **FAT** 79G **SODIUM** 982MG

Day 21

BREAKFAST

1 serving Spinach & Egg Scramble with Raspberries (page 66)

SNACK

- 1 cup low-fat plain Greek yogurt
- ¼ cup blueberries

LUNCH

1 serving Salmon-Stuffed Avocados

- 1 medium orange

SNACK

- 1 medium apple

DINNER

1 serving Sautéed Shrimp with Mango Salsa & Coconut Cauliflower Rice

- 1 large mango, chopped
- 1 avocado, chopped
- ½ cup chopped red bell pepper
- 1 medium jalapeño pepper, finely chopped
- 1 scallion, sliced
- 3 tablespoons chopped cilantro
- 3 tablespoons coconut oil, divided
- 1½ tablespoons lime juice, plus wedges for serving
- ½ teaspoon salt, divided
- 4 cups cauliflower florets
- 6 tablespoons reduced-fat coconut milk
- 2 tablespoons toasted unsweetened coconut flakes
- 1 pound raw shrimp (16 to 20 count), peeled and deveined
- ½ teaspoon chili powder
- ½ teaspoon ground cumin

1. Combine mango, avocado, bell pepper, jalapeño, scallion, cilantro, 1 tablespoon oil, lime juice and ¼ teaspoon salt in a medium bowl.

2. Place cauliflower in a food processor. Pulse until chopped into rice-size pieces.

3. Heat 1 tablespoon oil, coconut milk and the remaining ¼ teaspoon salt in a large nonstick skillet over medium-high heat. Add the cauliflower and cook, stirring occasionally, until softened, about 5 minutes. Transfer to a large bowl and stir in coconut flakes. Wipe out the pan.

4. Toss shrimp with chili powder and cumin. Add the remaining 1 tablespoon oil and the shrimp to the pan. Cook over medium heat, stirring occasionally, until just cooked through, 3 to 4 minutes. Serve the shrimp and cauliflower rice with the salsa.

1 serving Cucumber & Avocado Salad

- 1 medium shallot, thinly sliced crosswise and separated into rings
- 3 tablespoons fresh lime juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon thinly sliced fresh mint
- 1 tablespoon thinly sliced fresh basil
- ½ teaspoon salt
- 1 English cucumber, thinly sliced
- 1 ripe avocado, halved, pitted and sliced crosswise

1. Toss shallot rings with lime juice in a large bowl; let stand until softened, about 10 minutes. Whisk in oil, mint, basil and salt. Add cucumber; toss to coat. Let the cucumber marinate in the dressing, tossing occasionally, until softened, about 10 minutes.

2. Using a slotted spoon, transfer the cucumber to a platter; top with avocado. Drizzle the dressing over the salad. Serve immediately.

DAILY TOTALS: **CAL** 1,518 **PROTEIN** 94G **CARBS** 122G **FIBER** 34G **FAT** 80G **SODIUM** 1,656MG

Week 4
How to Meal-Prep Your Next Week of Meals:

Make Muffin-Tin Omelets with Feta & Peppers to have for breakfast on days 23 through 25, plus freeze the remaining servings to have for breakfast on days 29 and 30. Prepare Sesame Chicken Salad Bowls to have for lunch on days 23 through 26.

Day 22

BREAKFAST

- 1 cup low-fat plain Greek yogurt
- ¼ cup raspberries
- 2 tablespoons chopped walnuts

SNACK

- 1 large pear

LUNCH

1 serving Green Salad with Edamame & Beets

- 2 cups mixed salad greens
- 1 cup shelled edamame, thawed
- ½ medium raw beet, peeled and shredded (about ½ cup)
- 1 tablespoon plus 1½ teaspoons red-wine vinegar
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons extra-virgin olive oil
- Freshly ground pepper to taste

Arrange greens, edamame and beet on a large plate. Whisk vinegar, cilantro, oil, salt and pepper in a small bowl. Drizzle over the salad and enjoy.

SNACK

- ¼ cup dry-roasted unsalted almonds
- ½ cup raspberries

DINNER

1 serving Rosemary Roasted Salmon with Asparagus & Potatoes

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons minced garlic
- 1¼ pounds Yukon Gold potatoes, cut into 1-inch pieces
- 1 teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 1 pound asparagus, trimmed
- 4 5-ounce skinless salmon fillets
- 1 medium lemon
- 2 tablespoons balsamic glaze
- ½ teaspoon whole-grain mustard

1. Preheat oven to 425 degrees F.

2. Stir together oil, rosemary and garlic in a small bowl. Place potatoes in a large bowl and toss with 1 tablespoon of the oil mixture and ½ teaspoon each salt and pepper. Arrange the potatoes in an even layer on a large rimmed baking sheet. Roast until lightly browned and tender, about 20 minutes. Push the potatoes to one end of the pan.

3. Place asparagus in the large bowl and toss with 1 tablespoon of the oil mixture, ¼ teaspoon salt and ⅛ teaspoon pepper. Arrange the asparagus on other end of the baking sheet. Roast until the asparagus is bright green, about 3 minutes. Push the vegetables to either end of the pan, leaving space in the center.

4. Brush salmon with the remaining 1 tablespoon oil mixture and sprinkle with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Place the salmon in the center of the pan. Thinly slice half the lemon and tuck the slices around the salmon and vegetables. Roast for 5 minutes more. Cut the remaining lemon half into wedges.

5. Whisk balsamic glaze and mustard in a small bowl. Brush 1 tablespoon of the mixture on the salmon. Continue roasting until the salmon is just cooked through and the vegetables are tender, about 5 minutes. Drizzle the vegetables with the remaining sauce. Serve with the lemon wedges.

DAILY TOTALS: **CAL** 1,494 **PROTEIN** 87G **CARBS** 115G **FIBER** 33G **FAT** 81G **SODIUM** 1,160MG

Day 23

BREAKFAST

1 serving Muffin-Tin Omelets with Feta & Peppers

- 2 tablespoons extra-virgin olive oil
- ¾ cup diced onion
- ¼ teaspoon salt, divided
- 1 medium red bell pepper, diced
- 1 tablespoon finely chopped fresh oregano
- 8 large eggs
- ¾ cup crumbled feta cheese
- ½ cup low-fat milk
- ½ teaspoon ground pepper
- 2 cups chopped fresh spinach
- ¼ cup sliced Kalamata olives

1. Preheat oven to 325 degrees F. Liberally coat a 12-cup muffin tin with cooking spray.

2. Heat oil in a large skillet over medium heat. Add onion and ⅛ teaspoon salt; cook, stirring, until starting to soften, about 3 minutes. Add bell pepper and oregano; cook, stirring, until the vegetables are tender and starting to brown, 4 to 5 minutes more. Remove from heat and let cool for 5 minutes.

3. Whisk eggs, feta, milk, pepper and the remaining ⅛ teaspoon salt in a large bowl. Stir in spinach, olives and the vegetable mixture. Divide among prepared muffin cups.

4. Bake until firm to the touch, about 25 minutes. Let stand for 5 minutes before removing from the tin. A single serving is 2 omelets. Recipe makes 6 servings.

- 1 medium orange

SNACK

- 1 cup raspberries
- 8 walnuts

LUNCH

1 serving Sesame Chicken Salad Bowls

- 1 12-ounce package seasoned cooked chicken strips
- ½ cup sesame dressing
- 1 9-ounce package shredded coleslaw mix
- ½ cup sesame-honey-flavored almonds

1. Cut chicken strips into bite-size pieces; set aside.

2. Measure 2 tablespoons dressing into each of 4 small lidded containers and refrigerate.

3. Divide coleslaw mix among 4 single-serving lidded containers. Top each with one-fourth of the chicken and 2 tablespoons almonds.

4. Seal the containers and refrigerate for up to 4 days. Toss with dressing just before serving.

- 1 plum

SNACK

- 1 cup blackberries
- ¼ cup dry-roasted unsalted almonds

DINNER

1 serving Chicken, Brussels Sprouts & Mushroom Salad

(page 55)

DAILY TOTALS: **CAL** 1,538 **PROTEIN** 84G **CARBS** 77G **FIBER** 26G **FAT** 78G **SODIUM** 1,525MG

Day 24

BREAKFAST

1 serving Muffin-Tin Omelets with Feta & Peppers (page 73)
- 1 medium orange

SNACK

- 1 large pear

LUNCH

1 serving Sesame Chicken Salad Bowls (page 73)
- 1 plum

SNACK

- ¼ cup dry-roasted unsalted almonds
- 1 cup blackberries

DINNER

Shrimp with Mango Salsa & Coconut Cauliflower Rice

- 1 large mango, chopped
- 1 avocado, chopped
- ½ cup chopped red bell pepper
- 1 medium jalapeño, finely chopped
- 1 scallion, sliced
- 3 tablespoons chopped cilantro
- 3 tablespoons liquid coconut oil, divided
- 1½ tablespoons lime juice, plus wedges for serving
- ½ teaspoon salt, divided
- 4 cups cauliflower florets
- 6 tablespoons reduced-fat coconut milk
- 2 tablespoons toasted unsweetened coconut flakes
- 1 pound raw shrimp (16 to 20 count), peeled and deveined
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- Fresh Limes

1. Combine mango, avocado, bell pepper, jalapeño, scallion, cilantro, 1 tablespoon oil, lime juice and ¼ teaspoon salt in a medium bowl.

2. Place cauliflower in a food processor. Pulse until chopped into rice-size pieces.

3. Heat 1 tablespoon oil, coconut milk and the remaining ¼ teaspoon salt in a large nonstick skillet over medium-high heat. Add the cauliflower and cook, stirring occasionally, until softened, about 5 minutes. Transfer to a large bowl and stir in coconut flakes. Wipe out the pan.

4. Toss shrimp with chili powder and cumin. Add the remaining 1 tablespoon oil and the shrimp to the pan. Cook over medium heat, stirring occasionally, until just cooked through, 3 to 4 minutes. Serve the shrimp and cauliflower rice with the salsa.

2 cups mixed greens
1 serving Citrus Vinaigrette (page 62)

DAILY TOTALS: **CAL** 1,506 **PROTEIN** 79G **CARBS** 114G **FIBER** 32G **FAT** 89G **SODIUM** 1,758MG

Day 25

BREAKFAST

1 serving Muffin-Tin Omelets with Feta & Peppers (page 73)
- 1 medium orange

SNACK

- 1 large pear

LUNCH

1 serving Sesame Chicken Salad Bowls (page 73)
- 1 plum

SNACK

- ¼ cup dry-roasted unsalted almonds
- 1 cup blackberries

DINNER

1 serving Ricotta-Stuffed Portobellos with Arugula Salad

- 4 large portobello mushroom caps (about 1 pound total), gills removed if desired
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt plus a pinch, divided
- ½ teaspoon ground pepper plus a pinch, divided
- 1 cup part-skim ricotta cheese
- ¼ cup chopped fresh basil, plus more for garnish
- ¼ cup grated Parmesan cheese
- 3 cups baby arugula
- ½ cup slivered sun-dried tomatoes
- 2 tablespoons lemon juice

1. Preheat grill to medium-high.

2. Brush mushrooms with 1 tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper. Grill, gill-side up, for 5 minutes. Flip and continue grilling until tender, 6 to 10 minutes more.

3. Meanwhile, mix ricotta, basil, Parmesan and ¼ teaspoon each salt and pepper in a small bowl.

4. Transfer the mushrooms to a plate and blot with paper towels to remove any liquid. Mound the ricotta filling in the caps. Grill until the filling is hot, 5 to 7 minutes.

5. Toss arugula and sun-dried tomatoes in a medium bowl with lemon juice and the remaining 2 tablespoons oil and pinch each of salt and pepper. Serve the salad with the mushrooms. Garnish with more basil, if desired.

1 serving Cucumber & Avocado Salad (page 72)

DAILY TOTALS: **CAL** 1,506 **PROTEIN** 61G **CARBS** 125G **FIBER** 32G **FAT** 93G **SODIUM** 1,769MG

Day 26

BREAKFAST

1 serving Berry Chia Pudding

- 1¾ cups blackberries, raspberries and/or diced mango (fresh or frozen), divided
- 1 cup unsweetened almond milk or milk of choice
- ¼ cup chia seeds
- 1 tablespoon pure maple syrup
- ¾ teaspoon vanilla extract
- ½ cup whole-milk plain strained yogurt, such as Greek-style
- ¼ cup granola

1. Puree 1¼ cups fruit and milk in a blender or food processor until smooth. Scrape into a medium bowl; mix in chia, syrup and vanilla. Cover and refrigerate for at least 8 hours and up to 3 days.

2. Divide the pudding between 2 bowls, layering each serving with ¼ cup of the remaining fruit, ¼ cup yogurt and 2 tablespoons granola.

SNACK

- 1 cup low-fat plain strained yogurt. such as Greek-style
- ¼ cup blueberries

LUNCH

1 serving Sesame Chicken Salad Bowls (page 73)

- 1 plum

SNACK

- 10 walnuts

DINNER

1 serving Black Bean Cauliflower Rice Bowl (page 61)

2 cups mixed greens
1 serving Citrus Vinaigrette (page 62)

DAILY TOTALS: **CAL** 1,514 **PROTEIN** 75G **CARBS** 121G **FIBER** 35G **FAT** 87G **SODIUM** 1,517MG

THIS EASY VEGETARIAN MEAL GETS A DOUBLE HIT OF UMAMI FROM MUSHROOMS AND SUN-DRIED TOMATOES.

Day 27

BREAKFAST

1 serving Berry Chia Pudding (page 75)

SNACK

- ¼ cup dry-roasted unsalted almonds

LUNCH

1 serving Green Salad with Edamame & Beets

- 1 medium orange

SNACK

- ⅔ cup low-fat plain Greek yogurt
- ⅓ cup blueberries

DINNER

1 serving Cauliflower Rice Bowls with Asparagus & Chicken Sausage (page 60)

DAILY TOTALS: **CAL** 1,483 **PROTEIN** 85G **CARBS** 110G **FIBER** 38G **FAT** 80G **SODIUM** 1,490MG

Day 28

BREAKFAST

1 serving Berry Chia Pudding (page 75)

SNACK

- ¼ cup dry-roasted unsalted almonds

LUNCH

1 serving Green Salad with Edamame & Beets

- 1 medium orange

SNACK

- 1 medium apple

DINNER

1 serving Turkey Meatballs with Green Beans & Cherry Tomatoes

- ¼ cup dry breadcrumbs
- ¼ cup whole milk
- 2 large eggs, lightly beaten
- 1½ ounces Asiago cheese, finely shredded (about ⅔ cup)
- 1¼ ounces sliced prosciutto, finely chopped
- ¼ cup finely chopped yellow onion
- ¼ cup chopped flat-leaf parsley, plus more for garnish
- 1 teaspoon kosher salt, divided
- ¾ teaspoon black pepper, divided
- 1 pound 93% lean ground turkey
- 12 ounces haricots verts (French green beans), trimmed
- 3 tablespoons olive oil, divided
- 2 cups multicolored cherry tomatoes
- 2 tablespoons shaved Asiago cheese

1. Preheat oven to high broil with rack positioned 6 inches from heat source. Coat a baking sheet with cooking spray. Stir together breadcrumbs and milk in a small bowl. Stir together eggs, shredded Asiago, prosciutto, onion, parsley, and ½ teaspoon each of the salt and pepper in a large bowl until combined. Add breadcrumb mixture and turkey; mix gently using hands until combined. Shape into 24 meatballs. Arrange meatballs spaced 1 inch apart on half of prepared baking sheet.

2. Toss together green beans, 1 tablespoon of the oil, ¼ teaspoon of the salt, and remaining ¼ teaspoon pepper in a large bowl. Spread in an even layer on unused half of baking sheet with meatballs.

3. Toss together tomatoes, 1 tablespoon of the oil, and remaining ¼ teaspoon salt in a medium bowl. Coat a separate baking sheet with cooking spray; spread tomatoes in an even layer on baking sheet.

4. Place baking sheets side by side in preheated oven. Broil until tomatoes are browned and have

burst, about 5 minutes. Remove tomatoes from oven. Continue broiling meatballs and green beans until meatballs are browned and cooked through, about 7 minutes. Remove from oven.

5. Transfer tomatoes (along with any tomato juices on baking sheet) to a bowl; add remaining 1 tablespoon oil, and stir gently to combine. To serve, arrange 1½ cups green beans and 4 meatballs on each of 6 plates. Spoon tomatoes evenly over green beans; drizzle tomato juices in bowl over meatballs. Sprinkle evenly with shaved Asiago, if desired; garnish with parsley.

- 1 serving Basic Quinoa (page 54)

DAILY TOTALS: **CAL** 1,489 **PROTEIN** 69G **CARBS** 145G **FIBER** 43G **FAT** 74G **SODIUM** 1,515MG

Day 29

BREAKFAST

1 serving Muffin-Tin Omelets with Feta & Peppers (page 73)

- 1 medium orange

SNACK

- 1 large pear

LUNCH

1 serving Turkey Meatballs with Green Beans & Cherry Tomatoes (page 76)

- 1 plum

SNACK

- 1 cup raspberries
- ¼ cup dry-roasted unsalted almonds

DINNER

1 serving Skillet Paprikash with Mushrooms & Onions

1 pound chicken cutlets
½ teaspoon salt, divided
¼ teaspoon ground pepper
2 tablespoons extra-virgin olive oil, divided
1 large onion, halved and sliced
8 ounces white mushrooms, sliced
4 teaspoons sweet paprika
¼ teaspoon crushed red pepper
½ cup low-sodium chicken broth
½ cup sour cream
Chopped parsley for garnish

1. Sprinkle chicken with ¼ teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 6 minutes total. Transfer to a plate and cover to keep warm.

2. Add the remaining 1 tablespoon oil and onion to the skillet. Cook, stirring, until the onion is mostly soft and lightly browned, about 5 minutes. Add mushrooms and cook, stirring, until cooked through, 4 to 5 minutes. Add paprika, crushed red pepper and the remaining ¼ teaspoon salt; cook, stirring, for 1 minute. Whisk broth and sour cream in a small bowl; add to the pan. Bring to a simmer and cook, stirring, until the flavors have melded and the sauce has thickened, 2 to 3 minutes more. Add the chicken and cook until heated through, 1 to 2 minutes more. Garnish with parsley, if desired.

2 cups mixed greens
1 serving Citrus Vinaigrette (page 62)

DAILY TOTALS: **CAL** 1,505 **PROTEIN** 78G **CARBS** 114G **FIBER** 31G **FAT** 88G **SODIUM** 1,726MG

Day 30

BREAKFAST

1 serving Muffin-Tin Omelets with Feta & Peppers (page 73)
- 1 medium orange

SNACK

- 1 large pear

LUNCH

1 serving Turkey Meatballs with Green Beans & Cherry Tomatoes (page 76)
- 1 plum

SNACK

- ¼ cup dry-roasted unsalted almonds
- ½ cup blueberries

DINNER

1 serving Scallops & Cherry Tomatoes with Caper-Butter Sauce

1 pound dry sea scallops, tough side muscle removed
1 tablespoon extra-virgin olive oil
1 pint cherry tomatoes
½ cup dry white wine
2 tablespoons capers, rinsed
3 tablespoons unsalted butter
¼ teaspoon ground pepper
Chopped fresh parsley for garnish

1. Pat scallops dry. Heat oil in a large cast-iron skillet over medium-high heat. Add the scallops and cook, flipping once, until browned on both sides, about 5 minutes total. Transfer to a plate and tent with foil to keep warm.

2. Add tomatoes to the pan and cook, stirring once, until browned on one side and starting to burst, 2 to 3 minutes. Add wine and capers; cook, stirring and scraping up any browned bits, until the wine is reduced by half, about 1 minute. Remove from heat and stir in butter and pepper. Serve the sauce over the scallops, garnished with parsley, if desired.

1 serving Guacamole Chopped Salad (page 58)

DAILY TOTALS: **CAL** 1,520 **PROTEIN** 65G **CARBS** 117G **FIBER** 30G **FAT** 93G **SODIUM** 1,851MG

EatingWell

Meal Planning

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The Essential Kitchen Tools

No matter how much or how little you do, some meal prep builds a better path to a planned meal. These tools make that prep all the easier.

BY VICTORIA SEAVER, M.S., RD

Chef's Knife

First thing's first—you need a sharp, trusty knife. Look for one that's a manageable size and comfortable for everyday use.

Sheet Pan

Essential for roasting, making pizza, baking cookies and so much more. You need at least one in your kitchen. Two means even easier, faster meal prep.

Cutting Board

Go for a large cutting board that can handle all the veggies you'll be prepping. Look for one that has nonslip grips to help keep it in place, as well as a juice groove to prevent liquids from spilling over the sides and onto your countertop.

Meal-Prep Bowls

Whether for mixing or mise en place, having a bunch of bowls is helpful with meal prepping and cooking in general. I love to use a stackable set for efficient storage.

Measuring Cups and Spoons

For perfect recipes every time, especially when it comes to baking, measuring cups and spoons are a must. The large glass measuring cups that usually come in 1- and 2-cup sizes are meant for liquid measurements (water, oil, milk), while individual measuring cups (¼ cup, ⅓ cup, 1 cup, etc.) are meant for dry measures (flour, oats, sugar). And don't forget a set of measuring spoons.

A meal plan can help you save time, save money, and stop wasting food. Plus, these recipes are delicious, healthy, and easy.